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A. T. Hovannessian

Raw Eating

Finally, the cure of all diseases is discovered
Raw Veganism is the only treatment

There is no disease for Humans

The reasons of illnesses are: animal products consumption,
eating cooked stuffs, taking medicines and chemichals

By "Raw-Eating", all simple or heavy sicknesses will be cured

There is no food shortage, even there is a groceration,
Raw vegetables & fruits are the only real foods

Carnage and animal eating
turns people into senseless brutal beasts

Tehran

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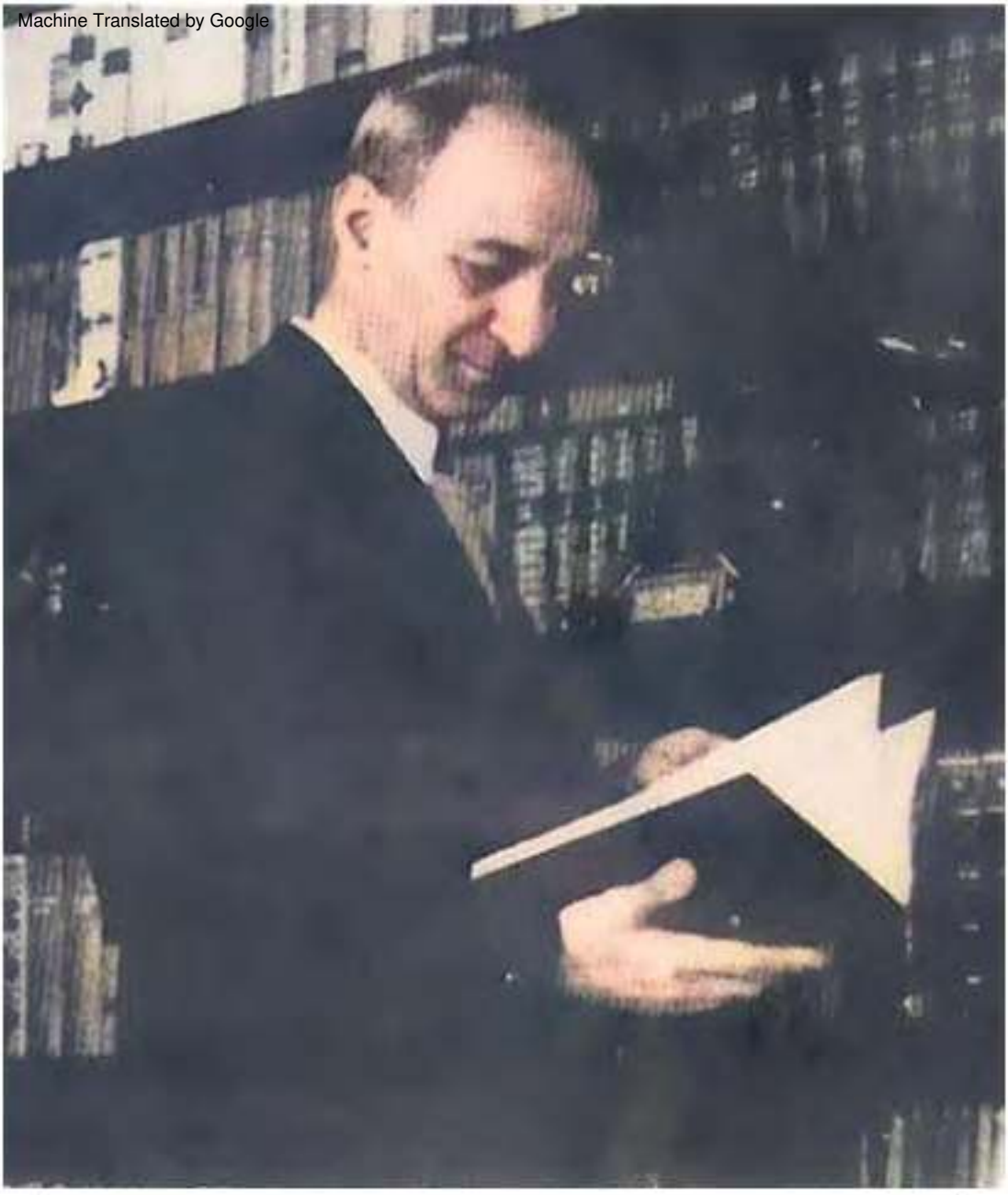

He lehkhabu ziaktu Arshavir Ter Hovannessian, pressure hnuaia thi mek chu natna chi hrang hrang kum 19 kalta khan, tunah chuan raw-veganism hmangin a harsatna zawng zawng lakah a chhanchhuak vek tawh a, kum 75 a nih lai hian tlangval chaknain a hrisel vek tawh a ni. Ani nitin thiltih hi he khawvel natna leh hrehawmna dang zawng zawng hi chaw chhum (thih) leh chemical damdawi leh thil thi dangte ei avanga lo awm a ni tih mipuite hriattirna a ni.

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ARSHAVIR TER-HOVANNESSIAN (ATERHOV) chuan a rawn ti a.

RAW-EATING tih hi a ni

Natna, Thil tha lo leh rimchhia laka fihlim khawvel thar

RAW-EATING order leh thehdarh rawh

RAW-EATING THAWH DAN THIL THAWN DAN HI A RAWNGAI BER LEH
HE KHAWVEL-A MIHRING HNATHAWH BER BER

Version: Mizo tawng 3rd edition siamthat + Persian th edition (1976) &
Persian lehkhabu, "Cooked eating, a deadly addiction" (1980) tih chu English tawnga lehlin a ni

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A chhunga thu awmte

2ND EDITION thuhmahruai.....1

PART KHATNA

Raw-Eating ngaihtuahna ka ngaihtuah dan.....2

Factory tin te tha taka hnathawh dan chu Engineer-in a tarlan Raw Materials zawng zawng chu Uniform Supply hnuaiah a awm a ni

Direct leh Indirect Nutritional Diseases

Cancer Cell hi ei tur chhe tawhte Direct Offspring a ni.....,,,..7

Chaw siam (Cooked Food) addiction hi thil tha lo zawng zawng zingah a hlauhawm ber a ni.....9

Chaw siam mamawhna chu riltam a ni lo 11

Cooked-Eating hian Mihring taksa pengte chu an theihna pangngai aia a let thum atanga a let li-a thawk turin a nawr

Mihring chawmna chu Ruang ni lovin Cell nung atanga siam tur a ni.....14

Hun rei lote thlirna hi Medical Science-a chhiatna lian ber a ni.....15

Cooked-Eater-te rit zawng hi hriselna tha tehfung anga ngaih theih a ni lo..16

Mei a Raw Materials Tichhiate chu Damdawi engmahin a thlak thei lo.....18

Cooked-Eating leh Drug Therapy hian Mihring Hnamte chu Utter Annihilation-ah a hruai mek a ni

Natural Foodstuffs hi Doctor ten hun eng emaw chen atana Therapeutic Means atan an hmang tur a ni lo.....23

Mihring Raw Materials Integrity Kan Tichhe Ngai Lo.....26

Machine Translated by Google

Natna Pian Dan.....31

Naute chu Cooked stuffs-a tihhmasawn hi thil sual zinga pawi ber a ni.....38

Gastrolatrous Biologists te hian Nature hian tihsual a nei tih an finfiah tur a ni.....42

Naute chuan Chaw Hmeichhia A Thlum A Hmuh Lo.....43

Ka Chhungkawah Raw-Eating hman dan.....45

Mihring Thiltih Sual leh thil sual tih zawng zawng hi Chaw Hmeichhiat rah chhuah a ni.....48

Diet Conception hi Natural Method of Feeding hmanga Unnatural Nutrition thlak danglamnaah chauh tihkhawtlai a ni tur a ni.....48

Artificial Vitamins leh Minerals hman hi tihtawp a ngai.....50

Naupangte Raw Eating leh Cooked Eating Hriselna Inthlauhna Hi Chaw Chaw ei avanga chhiatna thleng thei tih finfiahna tha ber a ni.....55

Scientific Institution leh Mawhphurtu State Bodies te chuan Raw-Eating buaina hi tihkhawtlai lohvin an zirchiang tur a ni.....56

Thudik Sawi Hi Sual A Ni Lo.....57

Mihring Factory atana hman tur Raw Materials tihchhiat a nih theih nan dan anga daltu a awm lo

Raw-Eating hian Mipui Economy-ah hlawkna nasa tak a thlen

Mi zawng zawngin A Taksa Raw Materials Tak leh Intergral te hi kan hre vek tur a ni.....60

Cooked-Eating Hun hi Addictions, Superstitions leh Microbes-te'n an lal hun lai a ni.....63

Appendix.....65

PART hnihna

Mihring thil nung siam dan.....69

Nutrition hi eng nge ni?..... 74

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Raw Vegetables chi hrang hrang hi a bul berah chuan The Same Constituents atanga siam a ni.....76

Protein, Vitamin leh Mineral bikte thiltihtheihna chu sawihona atana innghahna a ni tawh lo

Taksa tak tak leh Taksa dik lo.....91

Natna Hi Nature Dan Bawhchhiatna A Lo Chhuah A Ni.....94

Mihringin Natna Inkaichhawn Laka A Invenna Chu Chhuan Chhuah Atanga A Chak Lo
Thla thar.....106

Cancer hi Cells a chhe lutuk avanga lo awm a ni.....112

Chaw siam chhuahna atana hnathawh leh senso hi engmah lo mai a ni
Bawlhhlawh125

Cooked-Eater Damdawi hi Science dik lo tak a ni.....130

Tuna Mihringte hi Civilized nihna atanga hla tak a ni.....138

I NUN ANG.....146

PART THUMNA

RAW-EATING-a Hlawhtlinnate.....155

Eng nge pumpelh tur? 220

Tehran RawVegans Association-in an thil tawn tawhte chu.....222

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2nd EDITION tan thuhmahruai

Tuna kan lehkhabu ÿhen khatna hi kum 1963 khan RAW-EATING tih hming puin tihchhuah a ni. Chu volume tê tê, ei leh in chungchânga ka ngaih dânte tawi tê têa ziaknaah chuan, raw-eating chungchânga thil pawimawh zawng zawng deuhthaw chu ka khawih tawh a ni. A tlangpuiin, khawvel hriata thudik awlsam tak puan chhuah nan chuan thilsiam siam leh tihthianghlimna hnathawh, chuta tang chuan natural nutriments te chu thilsiam ni loah a inthlak danglam a, chu chu hnathawh tha lo mai a ni lo tih thudik awlsam tak chu a ni lo thilsiam dante bawhchhia a, mahse natna zawng zawng thlentu ber an ni. Mi hriat loh ber chuan, natna laka mihringte chhuah zalen ai chuan, chaw chhum leh damdawi rimchhia hmanga innghat damdawi lam science chuan mihringte chu natna khirh tak tam takah a hruai lut a, chuta tang chuan thil nung dang zawng zawngte chu an him lo tih chiang takin a hre thei a ni.

Chu thupui chungchânga line tlemte chauh a chhiar hnu chuan, mit fing tak chu a ngaihsak lohna rilru hah tak aÿangin a harh a, thil awmdan chu a nasatzia a hre chiang hle. Mahse, mi tam zâwkte chuan, tûn laia damdawi lam science chungchânga ngaih dân dik lote avânga mit a tihdel a, ngaih dân lo awm tawh tam takin a ngaihthah avangin, he thupui chungchânga thu belhchian dawl zâwk neih an duh a ni. Chuvangin, he lehkhabu bung hnihnaah hian zawhna pawimawh tak tak engemaw zat chungchangah hian sawifiahna dang leh chipchiar zawk ka rawn chhuah a ni. Chutih rual chuan hun remchang chu hmang tangkaiin a \hen hmasa berah siamthat leh siamthatna tenau engemaw zat siam a ni bawk. Lehkhabu edition hmasa ber lai khan raw-eating ngaihtuahna chu a bul tannaah a la awm reng a; vawiin hi ram tam takah hman a ni tawh. Chaw siam leh ruihhlo rimchhiate bânsanin, khawvêl hmun hrang hranga mi fing sâng tam takte chuan hun rei tak aÿanga an natna an tawhte chu an tidam a, tûnah chuan ngaihtuahna fim lo tak, hrisêlna leh hlimna nun an hmang thei ta a ni. Lehkhabu tawp lamah chuan chutiang mite hnen atanga lehkha tam tak ka dawnte chu thlan chhuah tlemte ka pe a ni.

Machine emaw, hmanraw thar emaw siam chhuah a nih chuan, chu thil siam chu nemnghet emaw, finfiah emaw nân test hlawhtling tlemte chu a tawk nia ngaih a ni. Tûn laiah chuan khawvêl puma mi hrisel sâng tam takte chu chu chu finfiahna nung tak an ni

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raw-eating hian mihringte chu leia natna tinreng zahngaihna tel lova a lakah a chhanchhuak a ni. Mi pakhat chuan hei hi scientific khawvel chu a ngaihsak lohna rilru hah tak atanga kaihthawh tur leh raw-eating hian kan zavaia tana hlawkna nasa tak a thlen dan tur mi zawng zawng hriattir turin a tawk ang tih a ngaihtuah mai thei. Tûn laiah chuan ruihhlo ngawlvei mitdelte chuan khawvêla ei tûr indaih lohna nia sawite do tûrin international conference an buatsaih a, thupui nuihzatthlâk tak takte chungchânga thusawi tâwp nei lo an sawi a, chutih laiin, thilsiamte'n min pêk ei tûr dik tak zaa 80 chu ngaihtuah lovin an kut ngeiin chaw siam leh tihthianghlimin an tichhia a ni.

Mihring puihna dik tak zawng zawngte chu an aw chhuahpui turin ka ngen a, an thil phut chhunzawm zel avangin thuneitute chu raw eating principle te chu a taka kalpui turin hma la nghal turin ka sawm a ni. Thiltih hun a puitling tawh.

PART KHATNA

Raw-Eating ngaihtuahna ka ngaihtuah dan

Raw vegan food hi mihring ei tur awmchhun a ni tur a ni.
Chaw chhum ei tih dan hi khawvelah hian vawi khat atan bansan tur a ni. Hei hi nature-in a phut dik lo chu a ni. Chaw siam chhuah ei hi mihring chanchina barbarism rapthlak ber a ni a, tumahin an hriat loh ang maia barbarism a ni a, mi zawng zawng chu hriat lohvin an tlu lut vek a ni. Mi ÿhenkhat tân chuan ngaihtuahna chu eng ang pawhin mak tak angin lang mah se, kan pawm loh theih loh thudik famkim a ni.

He thudik hi kum 18 chhung uluk taka ka zir chian leh chhui hnua ka kum 10- 10 mite thihna hi ka ring tlat a ni.
fapa kum 14 mi leh fanu kum 14 mi chu pianphung pangngai lo ei leh in avanga lo awm an ni. Persia, France, Germany leh Switzerland-a damdawi lam enfiahna tam tak, an thil nung zingah natna bik engemaw zat hmuhchhuah tumna hrang hranga neih leh a hnu lama damdawi tam tak pekna pawhin he thil rapthlak tak hi a titawp thei a ni. Ka fate chu pianpui lo chaw pek leh damdawi rimchhia avanga an taksa peng zawng zawng zawi zawia an taksa peng zawng zawng an tihchhiat avangin an thi ta a ni.

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Medical science thuruk ka luhchilh thei a, a tha leh tha lo pawh chiang zawkin ka hmu thei a, a chhan chu doctor nih theihna tur emaw, sum leh pai lama hlawkna tur emaw beiseina hian min tichak lo a ni. Ka infuih tharna chu a tir lamah chuan ka fate duh takte hriselna siam\hatna tura theihtawp chhuah duhna a ni a, a hnuah chuan mihringte tana tangkai taka awmin an hriatrengna tihngheh duhna nasa tak a ni.

Factor dang pakhat ka hriat chian zawkna tura min puitu medical science tlin lohnate chu mahni inzirtirna hmanga ka zirlai ka kalpui dan kalphung thar tak a ni a, academic program phurrit atanga chhuak a ni. Medical science aiawha hmasawnna sawi uar lutuk emaw, damdawi atanga hlawkna ropui tak tak hmuh tur awm thei chanchin ngaihnawm tak tak zawng zawng emaw hian ka ruih ngai lo. Heng zawhnate hi rilru fim tak pu chungin ka pan a, an tlin lohnate hi ka ngaih pawimawh zawk fo thin. Chu bâkah, doctor thiam tak tak maktaduai tam tak leh Nobel lawmman dawngtu tam tak awm mah se, mi civilized tak chu ran dang zawng aiin natna chi hrang hrang, leh sclerosis ang chi natnaah a tlu fo tih hi ka ngaihtuah reng a ni , zunthlum, heart attack leh cancer te chu hlauhawm takin a pung a, leilung ata mihringte tihboral a hlauhawm hle. Natna lan chhuah dan te, damdawi hming leh a dose te leh chutiang formula buaithlak tak tak, mamawh tlem tak te chu ka hriat rengnaah ka hun ka khawhral lo a, a chhan chu exam-a thut leh degree lak tumna ka nei ngai lo. Chu ai chuan, a theih ang angin, science branch tam tak zir chiannaah leh hriatna chhuahna chi hrang hrang zir chiannaah ka hun ka hmang a, chu chu a bulpui leh a tlangpui thu bul a\angin thil pawimawh tak tak ka la chhuak thei a ni, thutlukna pawimawh tak takte.

Kum 18 chhung zet zir chianna leh thawhrimna nasa tak atanga chhuak chu lehkhabu lian pahnih ziaknaah a lang a, a hmasa ber, phek 568 zeta sei lehkhabu chu kum 1960 khan Armenian tawngin tihchhuah a ni.

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Factory Tinte Efficient Operation chu Engineer-in a tarlan Raw Materials zawng zawng Uniform Supply hnuaiah a awm a ni

Mei hmuhchhuah a nih thleng khan rannung ram dangte nen mihring hian a lo thanglian a, a evolution chu natural, raw nourishment ei hmangin a kalpui a ni. Mahse mei hmuhchhuah a nih atang khan ngaihtuahna tam tak nei lovin mipa chuan meiah hian natural foodstuffs an dah a, an thil pawimawh tak takte chu an tichhia a, an ti hniam a, chuta tang chuan an taksa chu an chawm ta a ni. Chumi rah chhuah dik tak angin, tûn laia mihring zawng zawngin an tawrh natna zawng zawngte chu a lo chhuak ta a ni.

Mihring thil nung hi thilsiamte thawhrimna tawp lo hmanga siam factory nung a ni. Chutih rual chuan, he factory sak a nih rual hian kan thilsiam mak tak hian ni êng hmangin kan thil nung hnathawh buaithlak tak tak sang tam tak inzawmkhawmna tur leh a inmil tur siam chhuahna tur atana mamawh raw material zawng zawng a siam chhuak ta a ni. Chu bâkah, thilsiamte chuan chu raw material-te chu a famkimna zawng zawngah leh a thil siam hrang hrangte inmilna dik lo takah chuan buh chi tê têah te, pomegranate chi pulpy-ah te, grape berry emaw, thing hnah emaw-ah a dah a ni . Chaw "paltry" hrang hrang ei apiang hian mihring ang chi thil nung nung reng tura thil tul zawng zawng a keng tel vek a ni.

Material khawvelah chuan a chipchiar zawng atanga inthlak danglamna tlem ber factory-a mechanism hnathawh dan mumal taka hnathawhna atana engineer-in a siam chhuah emaw, a productivity pangngai neih theihna tura raw materials tarlan a chhiatna a awm chuan plant hnathawh danah pawh a inmil tawkin a chhiat phah a ni. Chutiang bawkin mihring thil nung thil kalphung buaithlak tak takte mumal taka kalpui theihna tura thilsiam (raw materials)-a thilsiam (raw materials) a chhiat emaw tihdanglam emaw tlemte pawh hian kan taksa peng hrang hrangte biological function pangngaiah harsatna a thlen a, heng natnate hi natna angin a lang chhuak thin.

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Mihringin a thil nung hnathawh dan pangngai atana a ruat raw materials inthlau tak takte tihchhiat emaw, tihchhiat emaw kawng hrang hrangte hian ngaihtuahna a phur lo. Chumi atan chuan mi civilized chuan ramhuai factory, oven, furnace leh kitchen te a siam chhuak a. Natural foodstuffs quality tlahniam apiang hian mihring organism-ah pawh a inmil lo degeneration a zui zel a ni. Natural nutrition hian kan organism hnathawh dan pangngai, a tichiang a, unnatural nutrition erawh chu a hnathawh dan pangngai lo taka chhuahnain a zui thung. Natna tam tak hi natural foodstuffs constituents-a degeneration chi hrang hrang nasa tak avanga lo awm a ni.

A mamawh zawng zawng chu thilsiam danin a phuhruk vek a nih chuan, the mihring nungcha, rannung zinga thil nung famkim ber chu a tlem berah kum 150 atanga a tam berah kum 200-250 thleng hriselna tha takin a nung thei a ni. Chaw siam chhuah hian mihring taksa pengte chu an chakna pangngai aia a let tam takin hna thawk turin a nawr a, a hun hmain a ti chau a, natna chi hrang hrang a thlen a, mihring dam chhung hi a hun pangngai aia a chanve chauh a ti tawi bawk.

Tuna science lama hmasawnna hunlai hian mihring hian chaw chhum ei loh vek hian natna zawng zawng a paih chhuak thei a, chutah chuan a chakna chu dam rei theihna harsatna zir chianna atan chauh a hmang thei a ni.
Chutih rual chuan, natural nutrition hmang hian mihring pawhin a pianphung mamawh dang zawng zawng chu a tlin ngei ngei tur a ni. Chungte chu boruak thianghlim, mut hma, thawh hma, taksa thawhrimna, artificial heating laka insum, faina leh a dangte a ni.

Direct leh Indirect-a ei leh in lama natna chi hrang hrang

Nutritional diseases hi chi hnih ah then a ni a, chungte chu direct an ni leh indirect natna te pawh a awm bawk. Direct nutritional diseases chu nutritional constituent thenkhat tam lutuk emaw, a dang tlakchham vang emaw a ni. Mei leh ran chaw hian ei leh in chhunga protein leh thau awmte chu a tipung a, a tipung a, chutih rual chuan nutritive value sang tak nei thilte pawh a ti bo bawk. Science hian tun thlengin heng thilte hi a tlem berah chauh a hre thei a, chungte chu vitamin tia vuah an ni a, eng nunna nei lo pawh ni se

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a awm thei lo. Direct nutritional diseases zingah hian chronic disorder leh deficiency disease zawng zawng dah vek tur a ni. Natna te hi zawi zawi leh thuruk takin a lo awm thin. Natna hian a tawp ber a luh loh chhung leh taksa peng hrang hrangte hnathawh a chawlhsan loh chhung chuan mimal chuan hrisel takah a inngai a ni. Vitamin tlakchhamna thenkhat leh mixed a awm chuan natna hi avitaminosis-a symptoms bik, zirlaibu-a tarlan hmangin a lang lo va chu ai chuan sawifiah awlsam lo complaint hmangin a rawn lang zawk a ni.

Indirect digestive ailments hi natna hrik kai theih a ni. Mihring thil nungah hian microbe chi hrang hrang tam tak an awm tlangpui a, chungte chuan thil awmdan pangngaiah chuan thil nung tan rawngbawlna \angkai tak an pe a, chu chu mihring cell bik (differentiated) thununna hnuaia awm, an thupek zawm chungin an intulût a ni. Mahse ei leh in dik lo avang hian cell chhe leh chak lote chu a chak lo hle a, Law of Survival hmangin chu microbes te chuan thuneihna an chang a, chu cell te thununna atangin an zalen a, an pu te lakah an hel a, natna thlentu an lo ni ta a, natna hrik kai theihna te chu an thlen tha em em a ni. kan hriat chian em em a A châng chuan, thil nung hrisel takah dodâlna do theih loh tawk tûr leh vawi khata tihchhiat mai mai tûr, beitu microbes rawn beitu sipai chuan, chutiang dodâlna chu thil nung chak lo takah chuan an tawk lo va, a hri kai bik a thlen ÿhin.

Ka Armenian lehkhabu volume hnihnaah hian natna hrik kai theihna buaina chungchangah hmun tam tak ka seng a, chu chu enfiahna atan chuan "Pathological Anatomy and the Pathogenesis of Human Diseases" tih treatise volume hmasa ber thenkhat chu ka zirchiang a Soviet scientist lar tak IV Davydovsky, kum 1956-a tihchhuah immunity a ni. Mahse vanduaithlak takin, cooked food addict zawng zawng ang bawkin Davydovsky pawh hian chu immunity chu engtin nge kan siam that theih ang tih emaw, a tha zawk chu a tlahniam tur kan ven theih dan tur emaw a sawifiah thei lo.

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Microbes hlauhna hian mipa a ti hlauhawm em em a, an tlanbo theih nan thil hlauhawm ber berte an pan a, chuti chung chuan result inthlau tak tak an hmu thin. Microbes laka invenna atana ei tur raw siam hi medical science-a tihsual hlauhawm ber pakhat a ni.

Leilung atang hian microbes te hi kan tiboral thei lo. Hmun tinah hmuh tur an awm a, an awm reng ang a, kawng hrang hrang hmangin kan thil nung chhungah an lut thei bawk. A bik takin kan ei tur kan siam hian a hmasa berah kan cell-te dodalna kan tichak lo va, chutah chuan kan ei leh inah chuan thilsiamin microbes dona atana a ruat natural antibiotics te chu kan tichhia a ni. Chaw chhum ei ngai doctor-te pawhin vitamin tam tak, kangmei chunga tihchhiat te hian bacterial property an nei tih an nemnghet a ni. Chuvangin bawlhhlawh bawm ei rannungte chu mihring angin natna hrik kai theihna an tawk hnai lo.

Cancer Cell hi Degenerated te Direct Offspring a ni Chaw

Chaw ei tam tak chuan mihring hian kum zabi tam tak chhung chaw chhum a ei tawh avangin a lo thiam tawh ngei tur a ni a, tunah chuan vawi khata chaw hmin a ei tan chuan a tuar mai thei tih an ring duh hle. Phên dangin sawi ila, motor-car-ah hian hun engemaw chen petrol bawlhhlawh leh hnuaihnung zawk kan khat a nih chuan engine chu a lo thiam tawh mai thei a, petrol bawlhhlawh chu fuel thianghlim hmanga thlak a nih chuan a chhe thei bawk.

A hmasa berah chuan kum sang tlemte chhung chu a pi leh pute nen mihringin ei tur raw chauh hmanga an khawsak leh an lo thanlenna kum maktaduai tam tak nen khaikhin chuan engmah a ni lo. Chu bâkah, mihringin, a nihna takah chuan, chaw chhum a lo thiam tawh lo tih chu natna awm tak tak a\angin a finfiah a, chu chu a bo a, chutah chuan mihringin raw nourishment a hman hnuah chu thil nung chu a hnathawh dân pangngaiah a kir leh ta a ni.

Evolution dan hmangin kan organism hian insiamrem a tum tih hi a dik a ni amah ngei pawhin a ei tur a dawng a, mahse mi thenkhat ngaihtuah angin erawh a ni lo. Chaw ei tur siamtu nutritive constituents, thil kalphung buaithlak tak tak leh cell-te hnathawh lian bik atana pawimawh tak takte chu mei nghawng hnuaiah awlsam takin a chhe vek a ni. Chuvangin, a...

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ei leh in chawhmeh eitute'n nutritious anga an ngaihte chuan chutiang thil pawimawh tak takte chu an tlachham a, mahse chu ai chuan protein, thau leh carbohydrates supply tam tak an nei a, chu chu cell-te mamawh aia a let tam takin a tam zawk a ni.

An hnathawh sang zawkte thawh chhuahna atana pawimawh tak takte chu an hloh chhunzawm zel avangin, cell-te chuan an thanlenna leh an specialization kimchang an nei lo emaw, vawi khat an neih hnu chuan a hnuah chuan chutiang hna thawh theihna chu an hloh ta emaw a ni. Kum engemaw zat an tlakchhamna leh chhelna an neih hnuah, cell maktaduai tam tak zinga pakhat, an theihna la awmte hloh tawh zinga pakhat chu a tawpah chuan cell-te thanlenna tikhawtlai theitu mechanism a\angin a chhuah ni a lo thleng ta a ni. Chumi hnuah chuan khawtlang nun a\angin an in\hen a, mahni inrintawkna neiin, duhâm takin chutiang tissue-building materials, inter-cellular fluid-a tui chawi tam tak, cell pangngaiin an mamawh aia nasa zawka an hnawl tawh, leh chhuanawm tak takte chu an ei zo ta a ni gastrolatrous biologist-te fak a ni — protein (a bik takin rannung protein), thau leh nitrogenous substance zawng zawng. Chumi hnuah chuan hlauhawm takin an lo thang lian a, ngaihsak lo leh dodal takin an lo thang lian a, mumal lo takin an pung a, mipui rapthlak tak, thil nung thar an siam a, chu chuan a lo thanglian zel chuan a chhehvel zawng zawng chu a thunun a, a tichhe vek a, a tawpah chuan ni tha tak pakhat a tichhe vek a ni downs that wonderful edifice, mihring taksa chu. Chu thilsiam thar hming chu cancer a ni. Chaw siam chhuah thlah dik tak a ni a, ei tur mipa te insiam dan nena cell te an insiamrem dan finfiahna nung tak a ni

hmang.

Kan planet-a nunna a lo lan tirh khan nature hian a kutah a awm a building material elementary ber ber (proteins, fats leh carbohydrates) chauh a ni a, chuta tang chuan single-celled organism hmasa ber a siam hlawhtling ta a ni. Cylinder, apparatus emaw, detail tenau emaw dah belh a nih chuan engineer chuan a factory-ah hna thar a belh ang bawkin, a hnua a building materials (vegetable bodies)-ah constituent thar a dah belh chuan nature chuan rannung taksa peng hrang hrangah hna thar a belhchhah a ni. He hna harsa tak hian kum maktaduai tam tak chhung chu nature chu a buaipui reng a, chutih chhung chuan a raw materials chu bacterium tlanglawn atanga...

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tûn laia kan hriat thei rahte chu, leh chu thlai chi hrang hranga thil siamte agency hmangin, mahse an lo pian chhuah rual chuan, a siam chhuah, cell pakhat nei rannung nungcha chu rannung mak takah a siam ta a ni.

Vanduaithlak takin mei hmuhchhuah a nih hnuah mihring pianphung (natural evolution) chu a tawp ta a, a pawi zawk chu mi lian tak angin a hnungtawlh ta a ni. Mei leh mihring civilized-in a siam chhuah, degeneration hmanraw dang nuihzatthlak tak takte chuan kum maktaduai tam tak chhunga natural foodstuff-a leh chuta tang chuan rannung cell-a dah tawh, nutritive property sang zawk zawng zawng chu a tichhia vek a, an primitive type-ah a hruai kir leh a, mahse an supply taima ber nen chu cell-te chu tum nei lovin an lo ÿhanlen theih nâna thawktu in sakna hmanraw hman tlanglawn berte an ni. Cancer cells te hi chu primitive cells specimen dik tak an ni. Thil ngaihtuah rei lo biologist-te tan chuan taksa siamna hmanrua chu protein a ni a, chu chu lung leh brick mai mai, thil siam dan inang lo tak takte a ni. Mortar chi hrang hrang leh factory buaithlak tak sakna atana pawimawh tak, beefsteak emaw barbecue emaw-a awm lo details tam tak chu an ngaihven lo.

Ka Armenian lehkhabu volume hnihnaah hian ka hlan hnai tawh hle Cancer lo chhuahna chungchanga buaina enfiahna tur phek 300 a ni. Chumi atan chuan American cytologist lar tak EV Cowdry-a treatise pawimawh tak "Cancer Cells" (1955) tih chu ka thlirlet a, chu chu he thupui chungchanga zirchianna hrang hrang zinga a kimchang ber a ni a, chutah chuan zirchianna pawimawh zawng zawng, data, ngaihdan leh thutlukna siamte chu scientist lar tam takin an chhuah tawh a ni. Cytologist-te ngeiin research data an hmuh dan a\angin, cancer cells hi nutritive constituents tha zawk tlakchhamna leh chutiang common building materials superabundance atanga lo chhuak a ni tih hi chiang takin ka finfiah a, chu chuan cell-te tum nei lo taka thanlenna tur a fuih a ni.

Chaw siam (Cooked Food) addiction hi a hlauhawm ber a ni

Vices te pawh a awm

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Chhiartute chuan engvangin nge scientist leh professor lar tak tak tam tak zingah hian heng thudik awlsam tak takte hi an hmuh loh tih leh engvangin nge chaw chhum ei tih dan hi thil awm lo leh hlauhawm tak a nih thu tumahin min hrilh loh tih an ngaihtuah mai thei. A chhan chu mihring zawng zawng hi ei leh in lama tui kan nih avangin ei leh in addiction hian mi zawng zawng a mit a tidel vek a ni. Cooked-eating hi thil sual a ni tih leh thil sual zawng zawng zingah chuan a rapthlak ber a ni tih hi tumahin an hre lo. Thil chi khat chauh duhna a ni lo va, thil sâng tam tak (and what "marvelous," "desirable" substances at that!) mi pakhatin a duh em emna zawng zawng zatve a ni. Chu bâkah, hun rei lo tê ngaihtuah thiamte chuan ei tûr siamna hmuna tihtlâwmna tam takah hausakna leh ÿhatna an hmu a, chutih laiin, chutiang tihhniamna tam tak chuan chhiatna tam tak a thlen a, chu chu a lan chhuahna dik tak chu hmuh theih a ni khawvela natna chi hrang hrang tam takah hian.

Mihring chu chutiang thil rimchhia awmna, tea, coffee, cocoa, zuk leh hmuam, zu, opium, cocaine, morphine, etc. te chu a ngawlvei ta a, chu thilte duhna nasa tak chu mihring thil nung chhunga rimtui inzawmkhawmte chuan a tichak a ni. Chaw siam chhuah hian rulhut chi hrang hrang tam tak a siam a, chu chu hun kal zelah thil nung hmun hrang hrangah, thisen kalna leh thisen kalna kawng (veins and capillaries) bang, ruh inzawmna inkar, thau cell lairil leh hmun dangah te dah khawm a ni. Ruihhlo ngawlvei chuan heroin a duhna chu a taksa taksa mamawh pangngai a\anga lo chhuak a nih loh ang bawkin, chaw chhum ei duhna, a riltamna chu a taksa mamawh pangngai a ni lo va chu ai chuan a ruihhlo ngawlvei thil phut a ni zawk. Mihring thil nung chhunga rulhut (poison) khawlkhawmte atanga tihchak impulse lantir a ni a; taksaa natna awmte mamawhna a ni a, mihring hmelma pawi ber kohna a ni.

Chu thil sual rapthlak tak chu mihring tin taksaah a lut vek a ni a nu leh pa ngeiin a siam a, cradle atang ngeiin. Chuvangin naute chuan a ngaihven tan a, a tawng tan tirh meuh chuan ei leh in addiction hian a chelh nghet tawh a, chuta tang chuan a dam chhung tawp thlengin chaw siam chu a ei dan pangngai leh a duhna nasa tak angin a ngai a ni

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a taksa mamawhna atan chuan; hei hi a ni riltam tak tak anga a ngaihsualna chu.

Chaw siam mamawhna chu riltam a ni lo

Cooked-eater chuan natural foodstuffs chauh ei a tum a, chu chu walnuts, grains, raw fruits and vegetables te hi a ni a, raw food chi hrang hrang ei duhna a neih tawh loh chuan, chutih lai chuan a organism natural demands chu a phuhruk vek a, a satiated a ni. Mahse chuti chung chuan nitin a mamawh pangngai aia a let tam tak ei tawh tur pawh ni se, engmah ei lo ang maiin a la awm reng a, sa tui tak tak, hausa leh duhthusam tak ei tur mamawhna nasa tak a nei tih a hria. Hei hi riltam a ni tawh lo. Taksa chhunga rimtui dahkhawm tawh, tunah chuan rimtui thar mamawh tawhte avanga thinrimna a ni. Chutah chuan ramhuai au thawm chu a ni a, chu chu a inzar pharh a, mihring thil nung chu tihchhiat theihna tur hmanraw thar a phut a ni. Raw-eater fing tak, rilru chak tak chuan chu au thawm chu a nasat zawng zawngah nitin a hre thin a, mahse a thlarau zawng zawngin a ngaihsak lo va, concession pakhat mah a siam lo.

Cooked Eating hian Mihring taksa peng hrang hrangte chu Hnathawh turin a nawr

An Normal Capacity A let thum atanga a let li

Mihring taksa peng zawng zawng hian natural reserve energy khawlkhawm kan nei vek a. A tlangpuiin, an theihna zawng zawng hmun li a\anga hmun khatin hna an thawk a, an chakna la awm chu a hnua emergency bik emaw, tar hun emawa hman theih turin an vawng reng \hin. Chutiang chuan "normal" circumstance-ah chuan thinlung pulse rate chu 70- 70 a ni. Minute khatah beat 72 (raw-eater erawh chu 58-62 chauh a ni thung), chu chu thil danglam takah chuan minute khatah beat 200 chuangah tihsan theih a ni.
Hetah pawh hian thawkna pangngaiah chuan boruak 500 cc chu lung chhungah a lut leh chhuak a, mahse thawkna lama thawhrimna bik hmangin 3700 cc vel kan infuih thei a ni

Raw-eater chuan a digestive organs chu hmun li a\angin a hmang \hin an theihna (potential capacity) a nih avangin a taksa peng hrang hrangte chu a phur lutuk ngai lo va, a chau ngai lo bawk. A lehlamah chuan cooked-eater chuan conditioned reflexes hmanga a ei duhna a tihchak hnuah, a ti thinrim hle

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spices, aperitifs leh thil dang awmze nei lo stimulant te chuan a pum chu a luah khat ta a, chu chuan digestive organs te chuan an reserve energies zawng zawng chu action ah an rawn keng tel vek a ngai a, chuti chung pawh chuan an chunga demand awm chu an tuar thei lo. Mihring chungah chuan ei tur tenawm tak chu a thawn thlakna kawng khata pe let leh emaw, a chhungril atanga purgative hmanga hnawhchhuah emaw a nih chuan. Mak tak maiin, chutiang nauseating act tling tawk chu cooked-eater chuan thil makah a ngai lo.

Digestive organs overloading avang hian accessory organs tam tak pawh hna thawk turin an set a, chu chu heart, liver leh kidney te hi a ni. Hêng taksa pengte hian hna dang an thawh belh chuan rei lo têah an tichak lo va, a hun hmain an thawk thei lo. Chuvangin, chu mi avang chuan mi pakhat dam chhung vawi tam tak a tawi phah hi thil mak a ni lo. Thil \angkai lo, chhiatna thlen thei leh rimchhia ei hian ei tur ngawlvei chuan a duhzawng a tihlawhtling a, a pum thiltih chu a tichak lo va, a tan chuan lungawina ang maia inlanna a siam a, chutih laiin a cell-te erawh chu, a nihna takah chuan, ei tur pawimawh tak tak an neih loh avangin riltam takin an tap a ni . Raw-eater pum chu a chawl reng a, a tlangpuiin a hring vek a, mahse a taksa chu a khat tak zet a, a awmzia dik takah chuan a lungawi tak zet a ni.

Cooked-eater chuan raw-eating lama inthlak a tum chuan a tir lamah chuan eng ang pawhin ei mahse a lungawi ngai lo. A tlangpuiin, ei leh in ngainatute chuan hlim taka awm ai chuan, chutiang dinhmunah chuan lungawi lohna an nei ÿhîn. An ngaihdan chuan an riltam chhunzawm zel chhan chu an ei tur ei tur te hi ei tur tha lo a nih vang leh ei tur atana hlutna nei lo an nih vang a ni. Hei hi ngaihdan dik lo rapthlak tak a ni. Chu ai chuan, chu ei tur chu ei tur tha tak leh inthlau tak a ni. Mihring cell-te hian kum tam tak chhung chu an awm loh avangin an tuar tawh a ni. Mihring chaw ei (digestive organs) thiltihtheihna hi an awm dan leh an thil siamte inrem dan nen a inmil vek a ni. Chuvangin, pum chuan lawm takin chu ei tur chu a lo hmuak a, a ti nem rang a, rei vak lovah a kalsan a, chutih laiin cell-te erawh chuan anmahni turn-a, riltam avanga an awm ang bawka chak lo leh chak lo tak takte chuan chu thil hlu tak takte chu duhthusamin an la lut a, a tam zawk an phut nawn fo thin a,.. .. .. .

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Natna nei cell te chu an dam a, a chak lo te chu an dam leh a, inactive te chuan an chakna an nei leh ta a ni. A lehlamah chuan thau cell te chu riltam vangin an lo hmin tan a, rulhut awmkhawmte chu a bo zauh zauh a, tui mamawh lo chu taksa atangin a chhuak ta a ni. Tichuan, chu cell sluggish tak tak, indolence leh inaction avanga thau tawhte hmun chu normal, active cells te chuan an luah ta a ni. Taksa rihna tlahniam nghal vat hi hriselna leh chakna neih lehna chhinchhiahna chiang tak a ni.

He thudik hian mipa thinlung chu hlimna leh hlimnain a luah khat tur a ni. Chu nutrients te chu a taksa pum puiah a darh nghal a, hriselna, chakna, chakna leh chakna pe turin. A nunah a taksa peng leh gland zawng zawngte hian ei tur tam ber hmu mah se, hahdam tak leh awlsam taka hna an thawh theih hmasak ber a ni. Chumi ni chuan a taksain a mamawh aia tam chaw raw a ei a nih pawhin, a nih loh leh a chhungril leh cell-te chuan a hip lut thei a nih pawhin, a pum chuan a hnawl lo vang a, a chhungah pawh rilru hahna a siam lo vang a, chu chuan a ti thei lo vang tharum thawhna leh tharum thawhna hmangin hnawhchhuah rawh. A mamawh pangngai aia tam ei tur chu a pum chhungah a awm reng lo vang a, a chhe thei lo vang; poison-ah an chantir lo vang a, chaw ei lama harsatna engmah an thlen lo vang. Chu ai chuan, chaw ei (digestion) nei lovin vawi khatah pum atanga intestines-ah an kal lut ang a, chu ni vek chuan taksa chu bawlhhlawh nen an chhuahsan ang a, organism tan harsatna tlem ber pawh an thlen lo. Chutiang chuan a pum chu a êng reng ang a, a ril leh a thisenah erawh chuan ei tur ÿha famkim (fully-balanced nutrients) a khat ang.

Tichuan chutiang hun lai chuan chaw chhum tlemte ei tum mai rawh se. A pum chuan thinrim takin chu thil mak leh duh loh zawng chu a hnawl ang. A hmui chuan nuam tihna nasa tak a nei chung pawhin, chu chi hrang hrang chu a pum chhungah rei tak a awm ang a, a ei duhna khar turin stopper angin a thawk ang a, a chaw ei dan pangngai chu a ti paralyze ang. Mahse cooked-eater chu chutiang dinhmunah chuan a lungawi hle a, a hlim hle bawk, a chhan chu a duhzawng a tihlawhtling tawh a, a pum a thun tawh a, tunah chuan "a khat" tawh a ni. Raw-eating hlutna hre chiangtu mipa chuan chu dinhmun chu a hlau hle. Taksa chawmtu chu thlai chi raw nutriments a ni tih a hrethiam kim hle a, ruang thi erawh chu chu chu a ni

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mei atanga lo chhuak chu meikhu mai mai an ni a, rulhut leh natna chi hrang hrang awmna hmun an ni bawk.

Mihring chawmna chu Cell nung leh Cell Thi Ruang ni lovin

Chaw inthlauhna (fully-balanced foodstuffs) chu cell nung atanga siam a ni. Tunah chuan thlai taksa, lei a chhuahsan hnuah pawh rei tak a nung reng a ni. Rosebud chu vase-ah a par chhunzawm zel a, buh chi chu an khawn khawm hnu kum tam takah an phun chuan a lo hring chhuak thung. Mahse rannung thah emaw, an taksa atanga hnute ruk emaw cell te chu vawi khatah an thi a, chutah chuan an inthen tan a, rulhut ah an chang tan a, chutih laiin chaw siam chuan thil rapthlak tak takah a chantir thung. Ran protein chu thlai protein aiin a chungnung zawka ngaih chu rorelna dik lo vanduaithlak ber a ni a, sa biak biologist-te'n hun rei lote an thlir dan finfiahna chiang tak a ni. Rannung nungcha hian thlai protein a transfer a, fully-balanced nutrients-ah a chantir tih kan pawm chuan, chutiang protein "fully-balanced" ei thin, savawm, savawm, ui, ui leh sakeibaknei ang chi rannungte sa chu a ni tur a ni ei leh in lama hlutna sang ber; chutih laiin chutiang sakawlh sa rimchhia chu a lang chiang em em a, sa ngawlvei inpe ber pawhin a ei ngam lo.

Biologist-te chu anmahni mimal duhzawngin a fuih thinte chu saah hlawkna bik zawng la, thlak theih loh amino acids an tihte hmuhchhuahnaah chuan chu amino acids chu rannungte ei tlangpui thlai chi hrang hrang atanga siam a nih thu thiltih chu an ngaihtuah lo By what rule of science has the organism of a cow the capacity to thing leh mau tha lo ber ber atanga amino acid siam a, mahse mipa thil nung hian thlai ei tur, nutritive quality sang ber atanga compound ang chiah siam theihna tur a nei lo em ni?..?..?..

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Hun tawite hi Medical lama chhiatna lian ber a ni Science

Chaw siam chhuah addict tawh biologist te tihsual lian ber tih hi an thil hmuh theih lohna a ni. Thil chhiatna tenau anga langte chu an mit an chhing a, a hma emaw a hnu emawa thil pawimawh lo anga lang avânga a rah chhuah pawi tak chu an hmu lâwk lo. Kan thusawi hi entîrna tlemte hmangin i sawifiah ang u. Chaw chhum, a bik takin sa chawhmeh hian rulhut a khat a. Tunah chuan, hriat theih loh khawpa chronic poisoning awm reng chu tumahin an hre lo va, chutiang poisoning avanga thin, thinlung emaw, kal emaw a hun taka a chhiat pawhin, chu natna chu a chhan hriat loh vang a ni tih an sawi. Poisoning hi a la na zawk a, riltam leh luak chhuak nen a awm chuan gastric disorder anga ngaih a ni. Poisoning hmang hian chu dinhmun chauh chu an hrethiam a, chu chuan thil nung zawng zawng a nghawng a, a tuartu chu thihna nghal mai a hlauhawm hle. Hetiang hian sual nei lo nunna engzat nge an hlan!

Mipa chuan nitin ei tur hmanga an thisen kalna kawng leh thisen kalna bawlhhlawh lut chu an hmu lo va, chu chu thisen kalna kawng bang chunga layer khat hnu layer khata a thut chuan an kalna kawng a ti tawi a, ni khat chu thisen kalna chu a titawp nghal a, a tawi hle -sighted mite chuan he thil thleng hi "beisei loh angin" an ngai.

Mipa chuan tuilian nasa tak, ton maktaduai tam tak phur thei dam lian tak lam pana a tlan chakna nasa tak chu an hre lo. Mahse, chu tuikhuah, chu tuilianin a nghawng avanga rei tak a tlakbuak chu a tâwpah a chim chuan, a tâwp bera a chhe chhan chu naupang têin a chunga lung a paih palh vang niin an sawi. Raw-eater-in cancer thlentu chungchangah ngaihdan dik tak a neih chu kan hmu tawh a ni. Chumi kalh zawng chuan, research scientist-te'n "carcinogenic agents" 400, ei tur siam ngawih ngawih, chung zingah chuan mechanical irritations leh cigarette hal ang chi thil te pawh a awm a, naupangin lung a paih aia hlutna a nei lo.

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Organ tin hian cell maktaduai tam tak a nei a, chu chu chu organ hnathawh chu thawhrimna hmangin a ni. Chu cell-te chunga chawhmeh (nourishment forced up) chuan thil pawimawh ÿhenkhat a tlakchham chuan, cell-te chuan an chakna an hloh ÿan a, hman lohvin an tlu ta a ni. Tunah chuan energy reserve chu field-ah a rawn lut a, mahse anmahni pawh chu rei lo teah an tawp ta a ni. Organ hian engtin emaw tak emaw, a hnathawhna a kalpui chhung chuan, mitdelte chuan êng sen chu an hmu lo va; mahse a tâwpah chuan a hnathawhnaah a hnufual chuan chutiang taksa peng chu a damlo a, damdawi lam a pan ta niin an sawi a ni. Mahse, kum tam tak chhung mei chunga halral tawh ei tur chi hrang hranga nutritive constituents te chu pill tlemte emaw, poison dose khat emaw hian a thlak thei a, hna bik thawk tura an theihna hloh tawh chu rualbanlo cell-ah a kir leh thei ang em?

Ni tam tak chaw ei kawng (alimentary canal)-a a mut hnuah sa, artui, butter leh cheese tam tak chu a chhe a, intestines a ti na a, a lan chhuah dan tlangpui chu ril\am a ni. Mahse naupangin ril\am chhinchhiahna a lan tak tak chuan, a mawhphurhna zawng zawng chu ek chhunga thei vun tlemte hmuh chhuah chungah dah a ni. Engtin nge thei-vun hian naupang rilruah engmah inflammation a siam theih tih tumahin an zawt lo va, chu chu engmah puitling leh chhe tawh lovin, an luh atanga darkar tlemte chhungin taksa chu tihdanglam lovin an chhuahsan a ni. Thil lungchhiatthlak zawng zawng hi miten egg, sa, butter leh honey te hi ei tur pangngai leh pawimawh tak anga an ngaih a, thei rah erawh chu thil pahnihna anga ngaih a nih vang a ni a, chu chu ei emaw ei loh emaw pawh a ni thei. A châng chuan, "an pum a tihbuai loh nân" naupangte'n thei ei khap pawh a ÿûl anga ngaih a ni.

Cooked-Eater-te rit zawng hi hriselna tha tehfung anga ngaih theih a ni lo.

Thau lutuk hi natna hlauhawm ber a ni

Mihring thil nung hian thilsiam lo (unnatural) a la do theih chhung chuan diet leh a dodalna kalpui zel tur chuan complaint hrang hrang a lo lang a, chu chu ei duh lohna, chaw ei chak lohna, gastritis leh pum natna dangte, colitis, leh a dangte a ni. Chûng zawng zawng chu thil nungin a hmanrua zawng zawng a hman theih nâna a beih dân pâwn lam lantîrna a ni

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ei leh in pianphung lo tak avanga thil tha lo awmte tihbo nan leh chuta thil rimchhia siam chhuah taksa atanga paih chhuah nan hmanraw hman a ni. Damlo chuan a thau a tihtlem tan a, chutah chuan chaw "nutritious" tak tak pein tihchak an tum thin. A tawpah chuan thil nung chu hneh a nih a, a inbeihna a tawp ni chuan mihring hian he khawvel hi a thlah emaw, a lehlamah chuan a ei duhna a lo pung a, chaw ei kham lohvin a ei tan a, a ei tha a, a rihna a tipung a, "a hriselna a neih leh theih nan." leh chakna leh chakna." Phên dangin sawi ila, chu ni chuan mihring thil nung chuan a beihpui thlakna chu kalsanin, pianpui lo ei leh inah a "insiamrem" a, mihring natna hlauhawm ber pakhat — unnatural corpulence — lungphum a phum ta a ni.

Thilsiam ni lo ei leh in pressure-in a tihbuai avangin taksa chu a insiamrem a ngai a, chutiang ei leh in atanga thil tha lo chi hrang hrang awmkhawm chu thil nung chhungah a luh tir a ngai a ni. Chumi hnuah chuan thau, uric acid leh a derivatives, cholesterin, common salt, tui tam lutuk, calculi, scirrhous formation, tumor, inactive leh parasitic cell, multinucleated giant cells (polykaryocytes), nuclei lian lutuk nei cell (megakaryocytes), etc. te atanga deposit siam a ni. A châng chuan heng cell-te hian cell pangngai aiin a let za tam takin an lian a, mahse hna ÿangkai tak tak thawh theihna an nei lo.

Chu ramhuai zawng zawng chu mihringah siam turin taksaah an pung khawm vek a ni hriselna leh chakna inhriatthiam lohna (illusion of health and strength) a ni a, a takah chuan zawi zawiin a chak lohna a tuar thung. A taksa ruhte chu a hring a, a chak lo va, a specialized leh active cells te chu a pung tlem a, a taksa peng hrang hrangte pawh a bo vek bawk. Chutiang mipa "stout," "robust", bulging paunches, thick fat arms, podgy hands leh overhanging layer of fat nei, kan khawvelin a tamna chu, a takah chuan, vunah khuh ruhro an ni. An vai hian an taksa chak lo leh chak lo tak takte chu beram thau takin an phur a, chu chu a thlawnin a chawm a, hmun tinah amah ngeiin a phur a ni. Mahse, mak tak maiin, chutiang mite chuan an hriselna, chakna leh chakna an chhuang fo thin.

An stoutness chu an chhuang em em a, inbiaknaah chuan chutiang lam hawi sawi a nih apiangin thing an khawih emaw, Khawchhak lamah chuan an tap emaw a; chutilochuan an rit duh tak chu an hloh ang. Mi pakhat chuan chutiang thil hmuh theih lohna lungchhiatthlâk tak entîrna hmangin volume sawmhnih chuang zet chu a khat thei a ni.

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Kangmei avanga Raw Materials Tichhiate chu Damdawi engmahin a thlak thei lo

Damdawi hman tlangpui zawng zawng hi symptomatic vek a ni. Phên dangin sawi ila, damlo chu rei lo tê chhûnga hahdamna pe tûr emaw, natna lan chhuah dân thup nân emaw, palliative angin an thawk a ni. Engti kawng mahin chaw siamna bawm leh bawm chhunga ei tur raw tihchhiat hmun chu an luah thei lo. Scientist ropui tam tak chuan ruihhlo hman hi khap tlat a ni. England ramah chuan, kum li leh a chanve chhûnga English mi hausa tam tak chungchânga zir chianna nasa tak an neih hnuah, Peckham biologist-te chuan mipui zaa 9 chauhvin an hlim tih an sawi chhuak ta a ni hriselna tha tak; a bak zaa 91 chu an damlo a, a tam zawk chuan an natna hre lo mah se. Clinical treatment hnuah an thutlukna chu, a danglamna awm lovin therapy atana thlan chhuah natna zawng zawngte chuan enkawlna chu an chhang let vek a, mahse a hnuah chuan damlote hriselna tlangpuiah a tlahniam nasa hle tih hmuhchhuah a ni. Chumi awmzia chu damdawi hian natna lan chhuah dan a thup mai a, a chhiatna chu a chak lo tawh chu a dinhmun tichhe zual turin a belhchhah tihna a ni.

Chuvangin, damlo lo emaw, a damlo tawh a nih chuan a hriselna neih leh duh emaw chuan ruihhloah a beiseina a nghat tur a ni lo; chu ai chuan ei leh in leh ruihhlo pianpui loh ei a pumpelh tur a ni a, raw-eating hmangin thilsiam dan angin a nung tur a ni!

Hei hi kawng dik, him leh scientific tak a ni a, drug therapy erawh chu Bircher-Benner-a thusawi sawi dan chuan "bumna leh bumna" chauh a ni. Ka ngaihdan chuan illusion leh self-deception tih hi a dik zawk mai thei. Nietzsche chuan ruihhlo chu "the lashes of the whip" tiin a sawi. Doctor-te chuan awlsam takin ka thusawi dikzia chu an inhriat tir thei a, an damdawi ina damlote chu pawl inang pahnih-ah ÿhenin, pawl pakhat chu damdawi leh ei tur siam hmanga enkawl a, pakhat zawk chu ei leh in raw-eating chauh hmanga enkawl a, chutah chuan result pahnih chu khaikhin a ni an inhmangaih tawn a. Hei hi test bulpui leh thutlukna siamtu a ni a, chuti lo chuan raw-eating dodalna thubuai zawng zawng hi hlutna leh hlutna tlem ber nei lo a ni chhunzawm zel ang. Kan thusawi hi symptomatic drug therapy atanga entîrna tlemte hmangin i sawifiah ang

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Natna hi taksa chu hlauhawma a awm tih hriattirna, kan organism-in tanpuina a dilna a ni. Mahse he hlauhawmna hi tihbo ai chuan kan thluaka he hlauhawm hriatna thlentu nerve te hi kan tithi a, an aw chu rulhut dose hmangin kan ti reh ta zawk a ni. Hetihlai hian natna hian a pumpelh theih loh kawng a zawh a, tunah chuan damdawiin a tihchhiat avangin a zual ta hle a ni. Entirna dang sawi leh ila: kan thisen kalna kawngte chu bawlhhlawhin a khat a, a zim chuan thinlung hian taksa chhunga thisen kal kual turin chakna nasa zawk a hmang a ngai a, chu chuan thisen sang a tisang a ni. Mahse, chu bawlhhlawhte chu kan thisen kalna kawngte tifai ai chuan, chu nerve-te chu an kalna kawng tizau thei leh zau theitu chu tichak tûrin rimtui kan hmang mai a ni. Chu rulhut thawh thatna a awm chhung chuan thisen chu zalen zawkin thisen kalna kawngah a kal a, pressure chu rei lo te chhung atan a tlahniam thin. Mahse, a nghawng a liam meuh chuan, damdawi hmante hnathawh avang chuan thisen kalna kawngte chu an dinhmun hmasaah an kir leh ta a ni.

Damdawi hi organism chungah aftereffect tha lo nei lo a awm lo. Mahse tun hnaiah chauh hian he thupui chungchangah hian thuchhuah tlemte a lo chhuak a, chung zinga pakhat chu, "Reactions with Drug Therapy" (1955), Dr. Harry L. Alexander, Emeritus Professor of Clinical Medicine, Washington University Medical School-a ziah a ni , hian thu \angkai tak tak min pe a ni. Dik tak chuan, a tlangpuiin ruihhlo hian a tuartu chu a that nghal thei emaw, natna khirh tak angin a lo lang thei emaw, harsatna leh thiltih danah chauh mawhphurtuah an ngai a ni. Chutih lai pawh chuan chutiang harsatna sangkhat zinga pakhat chauh chu a takin record a ni a; a bak zawng chu chatuan theihnghilhnaah an awm reng a ni.

Thil 350,000 zinga pakhat zel chu damdawi siamna atana hman thinte hian harsatna a thlen thei a ni. Mahse chung zinga hlauhawm ber chu penicillin, aureomycin, streptomycin, mercury compound, sulphonamide group of drugs, digitalis, vaccine, serum, synthetic vitamins (thiamine, niacin, etc.), atophan, cortisone, liver extract, insulin, adrenaline leh tam tak an ni damdawi dang hman tlanglawn tak takte.

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He zawhna hi ngun taka ngaihtuah a pawimawh.
Synthetic vitamin leh organic extracts, miten kitchen-a an halral nutritive constituents leh an thil siamte thlak an duhna hian mi chu lightning speed-in a that a, a tam zawkah chuan taksaa an luh atanga minute nga chhungin an that thin. Kum 1951 khan maktaduai 324, leh kum 1952 khan penicillin gram maktaduai 350 chauh mihring thisenah an inject a, chu chu kitchen-a natural antibiotics halralte thlak nan an hmang a ni.

Mihring taksaa a luh hnuah ruihhlo hian anaphylaxis hmangin mi sang tam tak, a then chu minute nga atanga minute sawm chhungin a that a, mi dang sang tam tak chu natna tam tak an tawk a, chung zingah chuan nettle-rash, dermatitis, prickly te kan sawi mai thei khaw lum, eczema, purpura, bronchial asthma, polyarteritis, thin cirrhosis, jaundice, nephritis, nephrosis, aplastic anaemia, serum natna leh scabies te a awm bawk.

Mite chuan heng damdawi te hian heng thihna leh natna thlentu mawhphurhna hi mitdel an duh a, taksa super sensitiveness-ah hian mawhphurhna an dah duh a ni. Mahse, eng thilin nge he super sensitiveness hi a thlen tih erawh chu ngawi rengin zawhna chu an pass ta a ni.

Ka fa rethei tak takte hian kum khatah vawi eng emaw zat chutiang natna leh vun natnain a tuar thin. An eitur dik lohna zawng kan tum fo thin a, chutih laiin damdawi bundle pe thin doctor-te chuan an damdawi an pekte hlauhawmzia chu thumal khat pawh an sawi ngai lo. Mi maktaduai tam tak ang bawkin damdawi hi mi tihdam nan chauh a ni tih kan ring a, damlohna tur a ni lo. Vawikhat chu ka fate pahnih chu ni khatah jaundice natnain an muhil a. Mak kan ti hle a, jaundice hi an pahnih vei dun thei tur natna hrik kai theih a ni lo tih kan hriat avangin. Vawiinah hian ka chhia leh tha hriatna hrualna tihziaawmna tur hian chutiang hlauhawma nu leh pa dangte vaukhân mai loh chu tih theih dang ka nei lo.

Tunlai hian ruihhlo hlauhawm ber berte chu hla thlum tak tak leh thlalak hmuhnawm tak takte puihnain nitin lak theih thil hlawkthlak tak tak anga an lar chhoh dan hi a lungchhiatthlak hle. Ram thenkhatah chuan, .

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damdawi leh damdawi lam chu sumdawnna leh hlawkna hmuhna lama ngaihtuahna lian takah a chang ta a ni.

Raw-eating hian damdawi chi hrang hrang hman chu a titawp nghal ang, natna awm lohnaah chuan ruihhlo mamawh a awm tawh lo vang.
Natnate hi ei tur chi hrang hrang (degeneration) atanga lo chhuak a ni a; chuvangin kan ei leh in siamthatna hmang chauhvin hneh theih an ni. Ruihhlo hmanga natna hneh kan tumna zawng zawng hi thil hlauhawm tak, awmze nei lo experiment, hlawhchham tura ruat a ni. An rah chhuah lungchhiatthlak tak takte chuan kan hmaiah min en reng tawh.

Natna chi tharte chuan an lo lang chhunzawm zel a; a tlem hle natnate hian natna khirh zawkte chu hmun a pe a ni. Chumi avang chuan mipa te chuan serum leh vaccine chi thar an buatsaih chhunzawm zel a, antibiotics chak zawk leh chak zawk an hmuchhuak a, zawi zawiin tihsual, harsatna leh chhiatna maze-ah an inrawlh ta a ni.

Medical science lamah hian a hmaa la awm ngai lo leh a bulpui ber inthlak danglamna a awm a ngai a ni. Doctor rinawm leh mipui rilru pu zawng zawngte chu vawi khatah an tho chhuak vek tur a ni a, mihring factory atana ruahman integral raw material tihchhiat a nih loh nan active takin hma an la tur a ni.

Mi mitdelte ngaihdanah chuan raw-eating hi a tlukpui a ni prehistoric mihring nun hmasa lama kir lehna. Dik tak chuan, chaw siam leh tihthianghlim hnathawhna aia civilization mualphona lian zawk a awm lo. Raw-eater chuan civilization natna an tihte avanga hrehawm tawrhnate chu a kalsan mai a, civilization-in a pek technical lama hmasawnna chu mihring raw materials thianghlimna tihchhiatna hmanruaah a chantir duh lo. Chutiang a nih loh chuan telephone hmanga thu sawi te, thlawhna hmanga zin te, a rah te chu a refrigerator-a a thara dah te chu a bansan lo.

Kum zabi tam tak chhung chu mipa chu mitdel leh hriat loh an nih avangin chaw chhum ei chu thilsiam (natural operation) angin an ngai fo thin. Tin, tunah chuan raw-eating chungchang an hriat hmasak ber hian thil mak leh thil mak tak angin an ngai a, a nihna takah chuan chaw siamna hmanga natural foodstuffs tihchhiatna hi a tam ber a ni

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pianphung ni lo, mak leh thil hriat duh tak, leh Mihringte thiltih â ber anga history-a ziah luh tur a ni.

Cooked-Eating leh Drug Therapy te hian hma an hruai mek a ni
Mihring Hnamte chu Utter Annihilation thlengin

Tun hma chuan he leiah hian rannung lian tak tak chi tam tak an lo awm tawh a, chutah chuan boral vek an tawk ta a ni. Tunlai hian mihring hian ni khat chu he leilung atang hian a boral vek thei tur khawpa dinhmun tha lo tak tak chu a kut ngeiin a siam a ni. Chaw ei tur chhe zel dan nen khaikhin chuan natna chi hrang hrang leh lo awm tam dan pawh a pung chho zel a ni. Thla tam tak an liam hmain mite chu an puitlin hmain rilru lam natna emaw, cancer vangin an thi ang a, an fa neih theihna tihhmasawn theihna hun remchang an nei ang. Kum sawmhnih kalta chhunga chu natnate chu a lo pun chak zia hlauhawm tak a\angin, mihringte chu an âtna an la awm reng a nih chuan, chu ni chhiatthlak tak chu a hla lo mai thei tih hriat lawk a awlsam hle.

Chaw ei leh ruihhlo hmanga enkawlna hlawkna tarlantu scientist chu sumdawng, bankruptcy hnaih tawha a pawisa chhiar hlim taka awm ang mai a ni a, chutih rualin a hmai en rengtu hlohna maktaduai tam takte chu a mit a chhing a ni. Sumdawnna tin result hnuhnung ber chu a balance sheet hnuhnung ber atanga teh tur a ni. Mihring civilized tak takte hian chaw siam leh damdawi lama a thil hmuhchhuahte hian a tan eng hlawkna leh hlawkna nge a neih theih tih i en ang u, chu chu rannung chi hrang hrang tam takin an hlimpui nen khaikhin chuan a ni. Mihring hi thil nung dang zawng aiin natna chi hrang hrang a tuar nasa zawk a ni.

Vitamin hmuhchhuah a nih hnu hian mihringte hian chaw siamna hmangin natural foodstuffs-ah a tichhe vek tih hriat theihna finna kan nei tur a ni. Chu bawlhhlawh chu vawi khat atan a titawp tur a ni a, natural foodstuffs immunity chu degeneration laka a humhim tur a ni. Mahse chaw chhumte hi a ropui em em a, chutiang siamthat tumna zawng zawng chu a titawp vek a ni. Addiction hian science a hneh a, a la ta a ni

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a kephah chhungah a lut ta a ni. Chutih laiin, ei tur siam tawhah chuan nghet takin an la innghat tlat a, mipa chuan ei tur thuruk chhungah luh an tum a, chu chu chaw siam leh siamnaah a chhe vek thinte chu hriatchhuah a, chu chu thil siam chhuah hmanga thlak an tum a ni. Chu thil pawimawh tak takte chu mahni kut ngeia hal leh tihchhiat, damlo, thlan kamah ding a, chutah bumna hmanga mahni chhanchhuah tumna beiseina nei lo siam chu âtna a ni lo em ni? Chutiang thil siamtute chu biologist-te hriat chhuah vitamin 40 leh 50-ah chauh a awm lo tih hi kan hre reng tur a ni.
An tam em em a, kum sang tam tak chhung chu an qualitative leh quantitative property te thlalak dik tak siam theih a ni dawn lo. Ni khat chu scientist-te chuan an chi hrang hrangte chu an hre vek thei ang tih hi rei lo te chhung atan han ngaihtuah ila. Tichuan, buhfai atanga paih chhuah constituents te chu artificial means hmanga thlak danglam tur chuan mimal tin tan prescription leh inbuatsaihna sang tam tak a ngai dawn a, a huam chin khapna senso pawh sawi loh.

Thlai chi hrang hrang, thlai leh buh chi hrang hrang zirchianna an neih hmang hian ei leh in lama tui biologist-te ngei pawhin natural foodstuffs hian natna chi hrang hrang tihdam theihna property a nei tih an finfiah a ni. Mahse mihring thil nung hi naupan lai a\anga thilsiam (natural foodstuffs) chauh ei a nih chuan chutiang natna lakah chuan a fihlim reng ang tih chu miten an pawm duh lo. A tir atang rengin chaw chhum ei loh ngaihtuahna chuan chiang taka ngaihtuah theihna a hloh a, chutah chuan science chuan ruihhlo ngawlveiah a hmun a pe ta a ni.

Natural Foodstuffs hi Doctor ten Temporary Therapeutic Mean chauh anga an hman tur a ni lo. Mihring tana ei leh in \ha awmchhun anga puan an ni tur a ni

Doctor hmasawn tak tak tam tak chuan drug therapy hi an dem hle. ÿhenkhat chuan ruihhlo enkawlna aÿanga result ÿha lo an hmuh chu an lungawi lo hle a, damdawi lam hna chu an bansan a, prophylaxis-a harsatna bulpui zir chiannaah an inpe ta a ni. Chung zingah chuan Swiss doctor lar tak Bircher-Benner pawh a tel a, a German zirlai atang hian ka Armenian lehkhabuah hian lehlin tawi engemaw zat ka rawn luhtir a ni. Damdawi lam hna a thawh tan tirh khan Bircher Benner chu chutiang chu a ni ta a ni

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tunlaia therapeutics hmanraw hman mekte chu a lungawi lo hle a, natural foodstuffs-a nutritive value a hriat chian palh chuan a damlote chu natural nutrition hmangin, damdawi engmah hmang lovin a tidam tan ta a ni. Rei vak lovah damlo tam tak, khawvel hmun hrang hranga doctor hrang hrangte'n hlawhtling lo taka enkawl, result nei lote chu Zurich-a a sanatorium-ah an kal a, hun rei lote chhungin raw veganism hmangin damna famkim an hmu ta a ni.

Mahse Bircher-Benner chuan ei tur raw chu "therapeutic means" angin a ngai a, thil nung zawng zawng tana diet fit awmchhun angin a ngai lo. Mipa te chu an naupan lai atang tawhin ei tur pianpui lo tak takah an insiam a, chutah, an damloh hnuah, an kum upa lam atanga "therapeutic diet" hmanga tihdam an nih tur ang maiin. Mahse he paradox langsar tak hian a chhan chiang tak a nei a ni. A hmasa berah chuan khawvelah hian tumah, raw nutrition lama mithiam hmasa ber Bircher-Benner pawhin, cooked- eating hi addiction a nih thu leh miten ei tur siam duhna chu riltam emaw, biological demand emaw a ni lo tih hre chiangtu an awm lo cells te chu a ni.

Tichuan, doctor a nih angin Bircher-Benner-a chu natna awm tawhte tihdam turin a lo zirtir tawh a ni. Mihringte natna zawng zawng laka fihlim thei tur ei leh in kalphung chu vantlang hmaah a sawi chhuak a nih chuan tumahin fee engmah an pe lo vang a, an ngai pawimawh lo bawk ang.

Tunah hian ei leh in chungchangah ngaihdan inthlau pahnih a awm a. An zinga pakhat chuan raw-eating a humhim a, pakhat zawk chuan ei tur siam (cooked food) a duh zawk a; pakhat chuan veganism a thlawp a, pakhat zawk chuan rannung ei a duh zawk. Tunah chuan science hi politics a ni tawh lo. Ngaihdan dik lo nei mipa chuan a ngaihdan dik lo leh pawi lo tak takte chu naupang sual nei lote chungah nghah turin dikna a nei lo. Chu ngaihdan pahnih chu international scientific leh cultural circle-ah zirchian a nih theih nan, a dik lo chu sawisel a nih theih nan, a dik zawk chu mipui hmaah puan chhuah a nih theih nan, general practice-a hman a nih theih nan, kan hun laia thil phut pawimawh tak a ni.

A hmasa berah chuan, chutiang ngaihtuahna awlsam tak, buaina thuk tak luhchilh duh lote chuan raw-eating duhthusam chu thil tihfel thuai theih thil a ni lo va, mipaten an zung thuk tak chu kalsan turin an inpeih lutuk lo vang tih an ngaihtuah a ni tih dan phung (habits) te. Mahse hei hi a aw a ni

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addiction, science lam ni lovin. Science erawh chu addiction a\angin a in\hen a ngai a ni. Kan pawm hmasa tur chu ei tur raw hi mihring nungcha tana raw material dik leh famkim a ni a, chu mi hnuah chuan anmahni leh an fate raw material tihchhiat duhtute chuan an thinlung duh angin ti rawh se.

A hmasa berah chuan raw-eating atanga kan thil tawn chu kan hmang tangkai tur a ni a, chu chu nutrition science-a ngaihdan dik lo awmsa, chutiang ngaihdan chuan ei tur pawimawh ber berte chu chhiatna thlen thei anga ngaih a ni a, a tichhe thei tak takte erawh chu chutiang anga ngaih a ni thung hrisel tak a ni. Chu chu chiang taka hriat a ngai a ni, engmah tih loh chu, mi chak lo, damlo, pum natna leh natna dang vei te tan ei tur raw ei khap a nihna zawng zawngah chuan, chutiang ei khap tlat chuan damlote chu a tidam thei ang, a tichak ang a, a tichak ang .

Chutiang hunah chuan tih dan tha lo tak tihtawp chungchang a ni tawh lo. Chu ai chuan, damlo chuan tunah chuan rah a dil a, mahse keini chuan kan hnar a; chaw chhum chu a na hle tih a hria a, mahse tlem tal ei belh turin kan fuih a; naupang kut atanga thei rah chu kan chhuhsak a, chaw chhum thenkhat chu a rilruah kan nawr lut a. Phên dangin sawi ila, an natna leh theih lohna thlentu chaw ngeite ei tûra nawr luihtîrin an tâwpna chu kan tikhawtlai a ni. Hetiang ang inhriatthiam lohna siam\hat ringawt hian a hun lova thi zat chu zaa 50-in a tihhniam phah ang.

Chutah chuan heng thusawi te hi a dik tih kan inhriat chian theih nan tih hi thla engemaw zat chhunga raw-eating hmanna atana hman mai loh chu kawng dang a ni lo va, he experiment hi mi fing zawng zawngin an enchhin tur a ni. Chutiang chuan ei leh in chungchanga ngaihdan dik lo leh inhnialna awm tawhte chu a tawp ber tur a ni ang.

Raw-eating êngah chuan nutrition principle bulpui chu a awm tawh lo university leh research institute-ah chauh awm reng; chu ai chuan mihring zawng zawng tâna thil pawimawh ber an lo ni ta zâwk a ni. Mi pangngai tan chuan ei tur sang tam tak scientific hming, an formula buaithlak tak tak leh an nutritive property leh hlawkna nia an sawite sawifiahna thui tak, hahthlak tak takte chu pathum-ah kan khaikhawm thei a ni

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thumal chauh: RAW VEGAN FOOD, emaw mihring taksa tana raw material kimchang tak emaw.

Chutiang chuan raw-eating chu damdawi lam science a\anga thil tum (ideal) a lo ni ta a, chu chu scientific formula hmanga sawifiah theih ni lovin, logic hmanga sawifiah theih a ni a, a finfiahna chu thilsiam dan hnial theih loh leh thil tawn bulpui a\anga result bulpui hmuh chhuah a ni.

Mihring Raw dikna hi kan tibuai ngai lo tur a ni

Thil hman tur

Mihring taksa hi factory buaithlak tak a ni. Factory leh system khawvel lian tak anga ngaih chu a la dik zawk mai thei a, chu chu cell hrang hranga lak apiang chu a takah chuan factory buaithlak tak a ni a, chu chu amah ngei pawhin factory dang tam tak atanga siam a ni. Tun thleng hian research scientist-te chuan cell tinah hian part sang sawm vel zet an hmuchhuak thei tawh a ni. Gland emaw, taksa peng emaw tin hi chutiang cell maktaduai tam tak atanga siam a ni a, chu gland, taksa peng, system, ruh leh vun inzawmkhawm atang chuan mihring taksa hi a lo piang ta a ni.

An hnathawh tur dik taka an thawh theih nan heng factory leh system buaithlak tak takte hi thil chi hrang hrang sang tam tak awmna raw material pek a ngai a, chu chu mihring nungchate inrelbawlna tlangpuiah tih tur bik an nei vek a ni. Chu thil zawng zawng chu ni êng puihnaa siam a ni a, thlaiah a awm khawm vek a ni. Entirnan, thlai chi, hnah emaw, buh chi khat emaw hian a chhungah hian rannung thil nung pakhat tana thil pawimawh tak tak ei tur zawng zawng a nei vek a ni. Tunah chuan, chutiang thil siamtute chu thing chi hrang hrangah an awm dan leh an inrem danah inang lo mah se, hei hi a pawimawh vak lo, a chhan chu thil nung chhunga an luh hnuah an inthen darh a, an siam leh a, chumi chhung chuan thil pakhat chu thil dangah a inthlak a ni. Chutiang chuan thil nung chuan a mamawh angin a siamtu hrang hrangte zat chu a thlak danglam thei a, mahse chemical element engemaw a awm loh chuan chu element bo chu thil nung chhungah a rawn hruai lut thei lo va, element dangin a thlak thei lo bawk.

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Entirnan, clover-a calcium, vitamin emaw protein emaw tam tak chu laboratory-ah hmuh theih a la ni lo va, chutih rualin clover a\angin leh still commoner grasses a\angin rannungte hian an vitamin leh mineral salt zawng zawng an la vek a, an ruh lian tak takte chu an siam chhuak a ni , sa leh thau. Phên dangin sawi ila, mitdelte'n calcium, phosphorus, vitamin leh "fully-balanced" proteins source atana an rawt bawnghnute, butter, cheese, thluak, thin leh sa aiah clover chauh hi a ni thei recommended, chu thil zawng zawng chu clover atanga lo chhuak a nih avangin. Chuvangin, chutiang ei tur chu vitamin engemaw zat a tam a, a dang chuan mineral pakhat a tam tih sawi chu awmzia a nei lo tak zet a, hlutna a nei lo va, a tichhe thei hial a ni, a chhan chu, mi hruai sual leh tibuaitu tih loh chu, chutiang thusawi chuan hna a thawk lo thil tum \angkai eng pawh.

Organism chhunga nutritive constituents hnathawh ber chu a let thum a ni. A hmasa berah chuan cell siam leh siam tharna atana in sakna hmanrua atan an thawk a; tichuan, chu cell-te chu thil tih theihna tûr leh taksa lumna pêk nâna chakna mamawh chu an siam chhuak a, a tâwpah chuan, specialized cell-te chu an thil siam chhuahna hna thawh nâna mamawh raw materials chu an pe chhuak a ni.

Thil siamtuin a factory a enkawl ang bawkin kan organism hi fimkhur taka kan enkawl a pawimawh hle. Chutiang chuan, a chunga kan sawi tak hna pathumte hnathawhna atan hian kan taksa chu a pum puia thil tul zawng zawng leh nature-in min rawn present ang zat zat balanced proportion-ah kan supply vek tur a ni.
Chutiang a nih loh chuan, a siamtu zinga pakhatah pawh tlakchhamna a awm a nih chuan, he thudik hian thil nung siam leh hnathawhnaah nghawng ÿha lo a nei ngei ang.

Mahse, tunlai mihring civilized hian engtin nge a taksa ngei chu a enkawl? A raw materials integrity chu a dissipate, a hal a, a that a, a tichhe a, chutah chuan a pum chu random takin ruang thi leh rimchhia te nen a khat ta a ni. Chutiang chuan, constituent pakhat a ei hian a organism mamawh pangngai chu a let za tam takin a pel thei a, chu chu constituent dang engemaw einaah pawh a tlakchhamna nen a inmil thei bawk.

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Sa chhum atang hian chhang var, macaroni, buhfai, sweets, clarified butter leh margarine te chu tih theih loh, parasitic cells of a quite simple structure a siam chhuak a, chu cell rit hnuaiah chuan food addict chu a bawkkhup ta a ni.
Research scientist-te chuan kum 50, 100 emaw 200 emaw kalta khan mihring rilru natna hi a tam zawk chu a hring lutuk nen a inzawm tih an finfiah thei a ni. Chutih lai chuan mihring hian do theihna chakna nasa zawk a nei a, mihring taksa chuan ei tur pianpui lo tak takte chu a tuar thei a, chutiang thil tam lutuk chu ei duh lohna, ril\am, luak chhuak leh chutiang thil dangte hmangin a veng thei a ni. Mahse, hun kal zelah mihring thil nung chu ei tur chhe tawhte nawrna hnuaiah a inpe a, anmahniah a in "adopt" a, an naute thau lutuk leh an hmel chubbiness tihtawp loh chu a phalsak a ni. Hêng mite hi anmahni insiam dân nêna inmil cell awlsam, hlutna nei lo, thawk thei lo siam hmasa bertu an lo ni a, chuta ÿang chuan an vawng nung ta a ni. Chuvangin tunlai hian thinness hi a awm lo va, khawvel hi mi tenawm, pianphung lo tak tak corpulent-in a khat ta a ni.

Tunlai hian naupang tam tak chu hlutna nei lo phurrit rapthlak tak nen an piang a leh inactive cells te pawh a awm bawk. An nu leh pa rilru awlsam tak takte chuan an naute thau lutuk leh an hmel chubbiness chu an chhuang hle. A châng chuan he plumpness hi a lian em em a, a nihna dik tak hrethiamtute chu a ti hlauhawm hle. Mahse, mi âte chuan an naute chaw bawm-a chutiang thil mak tak takte chu hrisêlna ÿha chhinchhiahna chiang tak angin an entîr a ni.

Mihring thil nung hian taksa peng zalen zawng zawngah a sem darh a, chu chu parasitic leh hmantlak lo cell-te pung lutuk chu eng emaw chen thununna hnuaia awm reng turin theihtawp a chhuah a: a chung leh a hnuai lam, a hmui vel, a pum vun hnuaiah leh hips te, leh hmun dangah te. Mahse, chutiang chu a ni a, a chang chuan chu cell thenkhat chuan chu thununna chu an tichhe thei a, khawtlang nun a\angin an inthen a, mahni inrintawkna neiin, mimal nun bul tanna leh tawp chin nei lovin an pung thei a ni. Vawi tam tak chu organism hian chu cell group hrang hrangte chu hmun khatah a khuh tlat a, a darh loh nan a ti hlawhtling thin. Chumi atanga lo piang chhuak chu "benign neoplasm" emaw "benign tumor" emaw an ti a, chu chu taksa peng hrang hranga zalen taka branch chhuak thin thanna nen chuan a danglam tur a ni

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protein (leh a bik takin rannung protein)-a thanglian theih nan, chu chu "malignant neoplasm" emaw cancer tia hriat mai mai a ni.

Chaw siamna chauh hi ei leh in lama nutritive value hlohtu a ni lo tih hi sawi uar a ngai a ni. White flour leh polished rice te hi raw ei a nih pawhin ei tur tha lo tak a ni.
Straw hring pawh hi thil nung nung reng thei mahse, ei tur tling tak a ni lo. Chaw ÿha famkim chu buhfai hnah chu beng rualin a ni thei a, thlasik laiin a hring (green) a ei a, thlasik laiin a vawt a nih chuan. Bawng leh beram tan chuan tlang chunga thlai pangngai chu ei tur famkim anga ngaih theih a ni lo. Chu rannungte chuan an evolution chu free nature-ah an paltlang a, a rualin thlai, hnah, thei leh thlai te an ei thin. Chuvangin, mihring inrawlhna hmanga an cell mamawh ang chi ei tur hnial tawh rannungte zingah natna bik a awm thin. Chuti chung pawh chuan, engtik lai mahin ramsa chi hrang hrang ei thinte taksa pengte chu mihring taksa pengte angin hlauhawm an tawk lo va; chutiang bawkin microbe-te pawhin kan tân an hlauhawm ang bawkin an tân pawh an hlauhawm lo, kitchen an neih loh chhan awlsam tak avângin. Cancer cell-te chu cell pangngai-te mizia sang tak pek theih a nih loh chuan, thei chi hrang hrang ei hmanga khawtlang rilruah hruai kir leh theih a nih loh chuan, chu chu protein tlachham tak tak, mahse vitamin leh a chhunga thil dang dang tamna a ni highest nutritive value, chuti a nih chuan leia damdawi engmahin chu hna chu a thawk thei ngai lo vang. Damdawi leh operation hmanga cancer tihdam tumna zawng zawng hi a hlawk lo tak zet a, hlawhchham vek tur a ni. Mahse mi fing chuan a raw materials integrity a tihbuai loh chuan cancer a tuar ngai lo tur a ni.

Chutiang chuan vawk leh buhfai, soup, broiled liver, chhang leh butter, khawizu, jam leh sweets atanga siam cell te hian hna tangkai tak tak thawk thei lovin an awm ta a ni. Mihring taksaa cell active, specialized leh hrisel tak tak te hi thei leh thlai raw atanga lo piang chauh an ni a; thu dangin sawi ila, mihring taksaa an pianphung leh nungchang anga nutritive constituent hrang hrang sang tam tak rawn luhtirtu, leh ei leh in ngainatute chuan a chang chuan "non-nutritive" luxury chi khat anga ei duh thin protein-te zinga mi. Tunah chuan mi zawng zawngin an ti tur a ni

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a fate chu zanriah ei hmain thei ei a ei duhna tichhe lo turin a hrilh a, a chhan chu a chaw ei thuai tur a nih avangin thil sual tih lian tham tak chu a hrethiam thei ang. Hei hi a nungchate tana thil pawimawh tak tak, a pianphung leh nungchang dinhmuna pawimawh tak tak, raw material chi hrang hrang sang tam tak ei lo tur leh, a pek tur tlemte ruang thi leh nunna nei lo nghah tur thu hrilh nen a inang a ni rei lo teah chaw ei ang maiin a lo awm ta a ni.

Cooked-eaters te chuan an eitur te hian calorie a pai tam hle tih ngaihtuah hian an lawm thin. Tunah chuan calorie hi a hlawkpui vek a nih chauhvin a tangkai thei tawh ang. Muscular cells a tlem a, chutiang pawh chu chak lo, natna nei leh elasticity nei lo an nih chuan calorie tam zawk chu hman lohvin a awm reng a, taksa tana harsatna nasa tak a thlen hnuah chuan thil nung chu duh loh angin a awm ta a ni lum a ni a, tum nei lovin an bo ta a ni. Van boruak zau takah mei kan hal hian chu mei chakna chu tangkai lo takin a bo a, mahse chu mei chu factory motor-a kan hal chuan a tum a hlen chhuak kim vek a ni. Chaw siam (cooked foods) hmangin ei tur addict chuan a taksaah a organism hnathawhna atana a mamawh aia a let thum emaw a let li emaw aia tam calorie a luhtir a ni. Chaw raw atanga calorie hmuh chhuah hian an thil tum a hlen chhuak kim vek a, a chhan chu chutiang ei tur chu chu calorie hmanna atana thil tul zawng zawng nen a inzawm vek a ni.

Mite chu nutritive constituents te hi an inthen darh lo va, an ei dun fo tur a ni a, an naturally-balanced proportion-ah leh an cell nungte nen ei dun reng turin biologist leh doctor-te mawhphurhna a ni tur a ni. Mimal nutritive constituents hman tangkai dan hi an sawi ngai lo tur a ni a, an indispensability hi an ngaih pawimawh zawk tur a ni; petrol thianghlimna chu thlawhna tan chauh ni lovin, thil tul lo anga kan ngaih ang bawkin. Vitamin bik eng emaw hlawkna chungchang an sawi ngai lo tur a ni a, an rinawmna tichhe thei leh tihchhiat theihna tur hlauhawmzia chu an ngaih pawimawh tur a ni.

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A tlangpuiin, ei leh in chungchanga science pumpui hi thupui pahnih-ah khaikhawmin mihring zawng zawng ngaihtuah turah siam theih a ni:

1.Mihring chawmna chu cell nung atanga siam vek tur a ni. Chauh cell nung aÿanga siam ei tûrte chuan mihring thil nung mamawh phuhruk nâna mamawh mizia zawng zawng an nei vek a ni. Mihring hi necrophagous a ni lo. Thliah chuan rulhut pakhat man a, a nung chunga a ei chhuah ai chuan sa ei thiam a ni thei lo va, sakawlh ang maia a ei tur chu a tikehsawm a, a chhungril leh ruh zawng zawng nen boot turin a ei vek thei lo.

2.Nature-ah hian thlai taksa pangngai leh duhthlan tur a awm vek. Thlai taksa famkim leh chaw tha ber berte chu thei chi hrang hrang tha zawk, thlai hring, cereal leh zung te hi a ni.

Chaw siam chhuah ei hian mihring chuan a ei duhna chu thil chhe chi pali zinga pathum hmangin a khar a, a taksaah thil pawimawh dang sang tam tak a hloh a ni. He thusawi finfiahna langsar tak chu damdawi lam damdawi sang tam tak zingah hian vitamin emaw, thil dang emaw tarlan loh pakhat hmuh a harsa a, mahse protein, thau leh carbohydrates hming tarlanna damdawi chu i tawng tlem hle ang.

A tawi zawngin, mihring hian vegan ei tur raw chauh a ei hian hriselna famkim a nei a, ei tur siam a ei nasa lutuk a, chutiang ei leh in chauh a eizawnna chuan a thi ta a ni.

Natna Pian Dan

Cell maktaduai tam tak atanga siam gland pakhat i la ang u. Heng cell te hi chi hrang hrang an ni a, an hnathawh tur emaw, tih tur bik emaw an nei vek a ni. Chutiang chuan muscular cell leh epithelial cell te a awm a, thil dang tam tak atan nerve cell leh cell te pawh a awm bawk. Mahse eng gland pawha cell hnathawh ber chu tui chhuahna (fluids) hi a ni.

Chaw chhum ei mipa gland-te hian an cell kimchang tak an nei a, chu aia tam pawh a ni mai thei, mahse an zinga hmun li a\anga hmun khat emaw, hmun ngaa ÿhena hmun khat emaw chauh chu hna \angkai tak eng hna thawk tûrin an tling a, chu chu a tling tawk lo hle. Protein a awm a

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amah chauhvin, a bik takin ran protein thi, mitdelte'n in sakna hmanraw ÿha famkim anga an ngaih chu a tam berah chuan primitive type-a cell pianzia nei lo, theihna nei lo leh hmantlak lo tak structure awlsam ber chauh a ko thei a ni. An insiam danah chuan heng cell te hi evolutionary development hmasa berah leia an lo lang hmasa ber, building material hman tlanglawn ber: proteins, fats leh carbohydrates hmanga siam, elementary character nei, primitive organisms te nen an inang a ni.

Mahse, kum zabi maktaduai tam tak hnuah chuan, chu thil nung hmasa unicellular organism-te chuan ei leh in lama thil ÿha ber ber, chu chu kan hriat leh hriat loh vitamin leh mineral-te ÿanpuinain evolutionary process rei tak an tawk a ni.
Chu evolution chhung chuan an lo thanglian a, thil nung chi hrang hrang complex zawk an hring chhuak ta a ni. Rannung embryo-a thil nung awmte, a pian tirh atanga a lo thanlenna famkim thlenga he thil nungte lo thanglian zel dan chanchin tawi te hi kan hmu thei a ni. Mihring cell pakhat zel lo thanglian zelnaah pawh hetiang bawk hian a thleng leh thin.

Gland pakhatah chuan specialized cell tin hian mechanism bik an nei a, chu chu special nutritive constituents supply hmanga active work theihna neih theihna tura buatsaih leh siam theih chauh a ni.
Tunah chuan chutiang mechanism-te productive functions atana mamawh raw materials chu raw foodstuffs chauhvin a pe thei tawh a ni. Engmahin pangpar tui tak atang hian khawizu an siam thei lo!

Special constituents te hian cell chu a tam tawk lo a nih chuan a thanlenna a tlahniam emaw, a tawp emaw pawh a ni thei. Hei hian natna chi hrang hrang a siam a, chu chu thau, anaplastic, malignant emaw cancer cell, macrophage, megakaryocyte, polykaryocyte, leh a dangte a ni.

Chutiang chuan, gland sawi tur cell tam zawk chauh ni lovin attain specialization (differentiation), mahse, fluid secretion atana mamawh raw materials te pawh hian hnathawh theihna la nei reng cell tlemte chu a thleng lo a, chuvang chuan gland chuan a production level dik tak a vawng reng thei lo. Chutiang chuan gland chu a ni

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natnain a nghawng. Cell-te hmasawnna lungawithlak lo leh hnathawh dan dik lo pawh hi taksa peng leh system dang zawng zawngah a thleng thei a, chu chuan natna inmil lo a lo lang thei a ni.

A châng chuan gland emaw, taksa peng emaw chu chutiang khawpa chhiat a ni ÿhin a paih chhuah chu pumpelh theih loh a lo ni ta tih. Chu taksa peng chu a tir lamah chuan a tihchhiat loh nan thil pianpui ber berte hmang lovin, mipa chuan chu taksa peng chu paih chhuah tumin harsatna lian ber an nei a, chutah chuan chutiang thilmak tih chu an chhuang ta zawk a ni. Raw vegan mi tan chuan damdawi engmah hian cell chhe tawh chu a dinhmun pangngaiah a dah leh thei lo va, hnathawh theihna dik tak chu a hnenah a pe kir thei lo tih a chiang khawp mai.

Raw-eater hian microbes hlauhna a nei lo, a chhan chu venhim a nih vang a ni anmahni dodalna chu thilsiam chakna hmangin a ni. Microbes hian cell puitling leh specialized (differentiated) te chu a tichhe thei lo. An chhiatna chu cell chak lo leh nalh tak takte chungah an thehdarh a.

A nihna takah chuan cooked-eater chuan a awmna chhan chu chutiang raw nutriments tlemte, a chang chuan nuam tihna mai maia a ei thin, an pawimawhna zawng zawng ngaihtuah lovin a bat a ni. Tunah chuan mihring thil nung hian rin loh khawpa ei tur tlemte chauh hmangin a awmna a vawng reng thei a, chutiang ei tur raw tlemte chuan hun engemaw chen chu a nung reng theih nan a tawk a ni.

Tûn laiah chuan ei leh in lama mithiam ropui ber berte pawhin ei tûr ÿha lo leh bawlhhlawh awmchhunah an ngai tlangpui.
Chaw thar, thianghlim leh "a siam ÿhat" zawng zawng chu ei tur ÿha, hrisel leh pangngaiah an ngai. An chhunga essential constituent sang tam tak awm lohna hian a ti buai lo niin a lang. Chu chu an hriat nawn tir chuan thei an ei ve tho tih an chhang thin. Hei hi chhanna awmze nei lo ber a ni. Mihring nungcha natnate hi a lo chhuak a, chu chu nutritive constituents te chu kan then hran a, chutah chuan a hranin, a thleng mai mai ang maiin, ruahmanna mumal tak awm lovin kan ei thin a ni.

Chaw ei tur (nutritive value) hi a chi hrang hrangah ni lovin zawn a ngai a ni of foods consumed, mahse a siamtu chi hrang hrangah chuan

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chu ei tur thilte chu. Grass tlanglawn ber chu, a takah chuan, a nutritive constituents tamna leh a pumpuiah a hausa zawk a, chu chu ruai ropui ber ber-a ei tur tam tak eikhawm a ni. Hei hi science thutlukna a ni.

Natna laka invenna atan medical conference tam tak neih a ni a, chutah chuan secondary subject chungchangah darkar tam tak thusawi an neih hnuah, medical science aiawh langsar ber berte chuan an zanriah ei tur atan dawhkan mawi tak takte chu an inkhawm thin a ni. Tichuan, natna laka invenna atana thilsiam laboratory mak takah siam, thil nung sang tam tak awmna ei tur bulpui leh inthlau tak takte chu ngaihthah lovin, ruang chhe tawh leh thi tawhte chuan dish hmangin an khat ta a ni. Chu aia pawi zawk chu, an zinga tam tak chuan, natural nutrients chu a pawimawh vak lo anga ngaiin, an program of nutrition chu coffee leh cigarette hmangin an ti zo vek a ni. Doctor-te chuan he stricture hi min ngaidam rawh se, mahse tlem tal ngaihtuah hnuah chuan hei hi ei leh in kalphung dik tak a ni lo tih leh tuna chaw pek dan dik lo tak takah hian inthlak danglamna bulpui siam chu uluk taka ngaihtuah a hun tawh tih hi an pawm ngei ang.

Hun khat chu Asia ram ÿhenkhatah chuan, misual thi tura thiam loh chantirte chu sa chhum chauh ei tûrin an chawm a. Ni 28-30 chhungin an thi tlangpui a, riltam tak a nih chuan mipa chu ni 70 chhung zet a dam thei thung. Chumi awmzia chu sa chhum chu ei tur tha lo tak a ni mai ni lovin, a siam chhuah toxin te nen chuan hun rei lote chhunga mi that thei tur poison a ni tak zet tihna a ni.

Buhfai polished tam lutuk ei thinte hian beriberi an vei thin tih hriat lar tak a ni a, chu chuan damlo chu hrehawmna nasa tak a thlen hnuah a that thin. Tunah chuan beriberi chhinchhiahna pawimawh ber chu polyneuritis a ni mai thei, mahse hei chauh hi natna lan chhuahna a ni lo; symptom tam tak zinga pakhat chauh a ni. Tin, a tlangpuiin an ngaihdan angin vitamin B1 tlakchhamna chauh hi he natna thlentu a ni lo bawk. Polished rice hian vitamin hriat leh hriat loh zawng zawng a pai lo. Chhang var leh, a tlangpuiin, a buatsaih zawng zawng

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from white flour hian polished rice ang chiah hian an mizia an nei ve tho. Chutiang bawk chu artificial sugar leh clarified fats-ah pawh a ni a, chu chu nutritive constituent sang tam tak zinga pakhat emaw, pakhat emaw chauh aiawhtu a ni.

A chunga kan sawi tak ei tur, cooked-eater-te ei tur pawimawh ber siamtute hi thihna thlentu ber an ni a, chu chauhvin mi pakhat chu diarrhea, natna hrik kai, rheumatism, gout, sclerosis, diabetes, apoplexy, cancer leh tam tak inthuamna hnuaiah an that a ni natna dang a awm bawk.
A châng chuan kum khat chauh an nih laiin an that a, a châng chuan kum nga, kum 10, 50 emaw 70 emaw an nih laiin an that a, hei hi ei tur chi hnih (cooked foods leh raw nutriments) leh hereditary degree a zirin a ni mimal hnena dodalna (resistance) a thlen thin.

Ei leh in dik lo avang hian tunlai hian nu tam tak chuan an naute hnute pekna tur bawnghnute an nei lo va, chuvangin thenkhat chuan an naute chu bawnghnute hring, biscuit, chhang var leh tea hmangin an chawm thin. Quite naturally naupang chu a bo tan a, a chak lo tan bawk. Khawvel naupang damdawi in leh fahrah enkawlna hmunte chu chutiang damlote chuan an khat a ni.

Chutiang naupangte chu thei tui tumbler pahnih chauh pek chu a tawk kar hnih chhunga an hriselna an neih leh theih nan nitin. Mahse ei leh in lama tui mithiamte chuan thei rah mamawhna ngaihthah lovin, naupang taksa bawlhhlawh tak chungah hian experiment hrehawm tak tak chi hrang hrang an nei a, chuta thisen hnuhnung ber an lak chhuah hnuah, bawnghnute hring, sa lakchhuah hmangin chawm an tum a ni , artificial vitamin leh damdawi chi hrang hrang. Phên dangin sawi ila, thilsiamte'n zalên taka a pêk nutritional constituent-te inrem taka inthlauhna chu ngaihthahin, chu naupang taksa chak lo tak chu an laboratory-a hriatna ÿhenkhat an hmuh tawh constituent tlemte hmangin experiment an siam ÿan a ni. Chu naupang chuan engtin emaw tak emaw, thil dang emaw, thilsiam (natural foodstuffs) engmah a hmuh loh chuan, a thi ngei ang a, chutiang thihna chu, a dik tak chuan, sang tam takin a thleng ang. Mahse, a la rapthlak zawk chu, naive dietician tam tak chuan chutiang naupangte chu an pum chak lo chuan a ei thei dawn lo tih rinnain thei raw ei an phal lo emaw, a tha berah chuan thei chungchanga zawhna chu mite duhthlannaah an dah a ni naupang nu leh pate, chungchangah

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thil pawimawh lo tak, thil pawimawh lo tak, luxury anga ngaih a ni. Damdawi in tam takah chuan sa, biscuit, bawnghnute hring, sugar, tea, margarine, buhfai, chhang var, artificial vitamin leh damdawi i duh angin i hmu ang a, mahse thei chi hrang hrang hrual chhuahna hmanrua pakhat mah i hmu dawn lo tih hi hmu rawh juices, leh thei lei pawh hi tih ngei ngei tur a ni lo. Chutiang damdawi in atang chuan naupang ruang tam tak chu lakchhuah a ni a, mahse chutiang thihna thlengah chuan ei leh in lama thil awm dan pangngai lo chu tumahin mawhphurtuah an dah duh lo.

Doctor zawng zawngte mihringte rilru put hmang hi ka ngen a ni. He thu hi ngun takin ngaihtuah rawh se. Khawvel ram tina university lecturer zawng zawng leh mawhphurtu body leh health ministry zawng zawngte chu an mite hriselna leh hamthatna tur an ngaihtuah em tih ka zawt a. An nih chuan tihkhawtlai lovin hna an thawk tan tur a ni. Ka thusawi te hi hypothesis mai ni lovin, thudik hnial theih loh a ni a, chu chu chhiartute hmaah guinea pig chungchanga experiment avang ni lovin, ka chhungte leh keimah ngei pawhin ka entawn tur nung tak hmangin ka rawn hlan a ni.

Natna venna leh tihdamna kawng tha ber leh chutih rual chuan nunphung tihsan theihna kawng tha ber chu hriselna ministry tinte chuan information department dinna atan budget tlemte chauh an dah a, mipui hriata hriattir tumna chiang tak nen chaw siam avanga chhiatna thleng te, chubakah ei tur vitamin tlachhamna te, a bik takin chhang var, buhfai, sa, clarified fats, sugar, tea, coffee, zu leh zu tel lo in tur te. Chumi hnuah chuan mipuite chu a theih ang anga chaw chhum ei tlem turin an fuih tur a ni a, an ei leh in lama inthlak danglamna zawi zawiin an luhtir tur a ni.

A nihna takah chuan mipa zawng zawng hi fing lo an nih avangin vawi khatah mi zawng zawng hi raw-eater-ah siam theih a ni lo va, mahse miten an taksa raw material dik tak chu an naupan lai atang tawhin an hriat chian a pawimawh a, chuta tang chuan an chhuah zalen a ngai a ni erroneous and dangerous prejudices, leh anmahni leh an fate hriselna leh chakna petu chu chicken soup, buhfai, cutlets, egg leh beefsteak ni lovin, sprouted wheat, carrot, tomato, nuts, grapes leh etc. Taking my own case entirnan, kum 52 chhung zet sa leh chaw chhum dangte ka ei avanga ka chakna leh ka theih zawng zawng ka hloh tawh a ni

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thawk hah lova step hnih chhoh loh; mahse vawiinah chuan kum riat chhung chaw chhum ka ei loh hnuah chuan awlsam berin tlang ka tlan chho thei ta a ni.

Tunlai hian eng scientific ground-ah nge naupang in leh day nursery tam takah chuan naupangte kutah biscuit bawm an dah thin tih ka hre lo, an duh huna anmahni tanpui turin.
Chutiang thil tha lo bawmte chu thlasik laiin thei thar, carrot, cucumber leh tomato bawm hmanga thlak tur a ni a, thlasik laiin thei hring bawm hmanga thlak tur a ni a, chuta tang chuan naupangte chu darkar tin zalen tak leh an duh ang zat zat ei phalsak tur a ni ni khata ni. Tichuan, mi zawng zawngin engtin nge, thilsiam dan ngei pawhin, naupangte chuan ei tur chhe tawh ai chuan thei chi hrang hrang an ei tan nghal mai ang a, chutiang chuan anmahni kut ngeiin anmahni hriselna an tichiang ang tih an hmu ang.

Raw-eating system hi damdawi inah chi hrang hrang tan hman nise of patients leh mipuite hnenah result an hmuh dan hriattir nise.
Mipui restaurant-ah pawh siamthatna \angkai tak tak siam a ni thei. Chaw ei ngainatute chu chaw siam "hlimna" laksak vek lovin, thihna thlen thei mah se, tun dinhmunah chuan an zat chu zaa 50 tal tihtlem theih a ni a, a hloh chu salad thar leh compote raw hmanga thlak theih a ni a, chutiang chuan hun laia rah chi hrang hrang tam tak awmte. Chutiang chuan chaw ei chu a chi hrang hrang leh a nuam zawk mai bakah mipui hriselna pawh a tichak ang a, vantlang economy-ah pawh sum khawlkhawm tam tak a awm ang.

Mipuiin chaw chhum avanga chhiatna a thlen dan an hriat chian hnuah chuan pumpelh an tum ang. Chutiang bawkin, mi fing tak tak, an ruihhlo ngawlvei aw chu tuiah pil bovin, kan entawn tur zui ang a, raw-eating famkim tih dan hmang hian anmahni leh an chhungte hriselna famkim an tichiang ang. Mite chuan dam leh theihna beiseina zawng zawng hloh tawh emaw, taksa peng pangngai lo vanga pianphung tichhe tawh emaw chuan, raw-eating khauh taka zawm a nih chuan, thla tlemte chhung chauhvin an mumang ang hriselna chu an nei thei dawn tih an hrechhuak ang.

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Mite chuan damdawi hman dan entir nan lehkhabu tam tak an tichhuak thin thei leh thlai hrang hrang, grape, date, apple, taksa peng, onion emaw radish emaw te property te, an ei dan bik siamin, chu hnathawhna chu scientific proceedings ang maia invest an tum a ni. Dik tak chuan, ei theih chi hrang hrang raw plant zawng zawng hi nutriment ÿha famkim an ni a, quality inang an nei bawk. Miin eng natna pawh tuar se, thil nung mamawh chu a tihlawhtling a, taksa peng hrang hrangte hnathawh dan an tidanglam a, damlo hriselna a siam tha leh thin. Chutiang thudik chungchânga thu hriatte chu mipui kutah a thlawnin dah tûr a ni a, chutiang thurâwn atâna sum eng pawh dawng chu mihring nihna dik lo a nih avângin.

Cooked-eater dietetics hi thihna thlen thei inhnialnain a khat a ni. Thil tam takah chuan ei tur tha lo tak takte chu a tangkai anga sawi a ni a, a pawimawh tak takte erawh chu chhiatna thlen thei anga tarlan a ni a, khap tlat a ni. Hei hi a chhan chu cooked-eater-te tawnhriat chu ei tur thilin nghawng a neih nghal, langsar leh inhnialna leh laboratory-a chhut dik loh atanga lo chhuak a nih vang a ni. Chutiang chhut dan inhnialna leh dik lo tak takte avang chuan mi sual lo maktaduai tam tak an boral a ni.

Kaihhruaina rintlak ber chu raw-eater-te thil tawn bulpui leh famkim tak a ni a, chuta tang chuan medical science-a awm, a tlangpuiin, leh dietetics-a a bik takin, tihsual, inhnialna leh hriatthiam lohna zawng zawng chu vawi khat chu a rawn lang chhuak a, siamthat a ni mi zawng zawng tan. Chu thiltawn entîrnate chu hmun hla tak takah tihpun a ngai a, a rah chhuah chu mihring zawng zawngte hriattîr a ngai a ni.

Naute piang thar chu Cooked stuffs-a tihhmasawn hi thil sual zingah chuan a chhe ber a ni

Mi zawng zawng hriatah chaw siam chu thil tih dan pangngai lo a nihzia, mihring natna zawng zawng thlentu a nihzia leh chutiang ruihhlo ngawlvei rapthlak tak a nihzia a hriat chhuah chuan, vawi khat chu mipa chu a simna nei lo chelhnaah a tlu lut a, a tuartu chu a zalen thei lo a kut aÿang chuan amah ngei pawh a ni leh ta. Eng dikna nge mi fing takin a nei a, chu chu organism of an

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naupang piang thar sual nei lo chu a kut ngeiin? A naute naupang taksa peng hrang hrangte chu ei tur hal, tihchhiat, mei chunga tihhlum hmanga tihchhiat theihna tur dikna eng nge a neih? Thil sual tih zawng zawng zingah chuan zahngaihna nei lo ber a ni lo em ni, a nihna takah chuan tualthah, filicide rapthlak tak a ni lo em ni? Keimah ngei pawhin chutiang chuan ka fa duh tak pahnih chu ka kut ngeiin ka that tawh a, thil sual lian tham tak chu ka hre chiang khawp mai.

A nihna takah chuan ei leh in lama tui zawng zawng hi filicides an ni vek. Tunah hian kum zabiah chuan tumah hi pianpui thihna angin an thi lo. Thihna zawng zawng hi chaw chhum avanga natna avanga lo awm a ni a, naupang chawhmeh ei zirtirtute chu an nu leh pate an ni. Cooked eater nu leh pate chuan an fate natna leh buaina zawng zawng mawhphurhna chu anmahni kekawrte chungah a innghat tih an hriat chian a ngai a ni. An tihsual tih dan pangngaia an awm reng hmain he thu hi ngun berin an ngaihtuah hmasa tur a ni.

Cancer emaw heart-stroke emaw zawng zawng lungphum chu naute hnena chaw chhum hmasa ber pek a ni a, chu chu natna chu kum upa lam atanga a lo lan chhuah lai pawhin a ni.

Mi puitlingte tan chuan chaw chhum chhuah loh vek chu thil harsa tak a ni tih sawi theih a ni. Chuti a nih chuan, chutiang a nih chuan an thinlung duh angin an thil tihsualte chu vawng reng rawh se. Mahse, eng thil nge nausen naupang integral raw materials halral a, tihchhiat a, an thil pawimawh ber berte laksak a, thil tha lo takah chantir a, chutah naute hnena pek tura nawr luihtu chu? He naupang sual nei lo chunga mihring nihna dik lo, he barbarism hi a tawp ngei tur a ni.

Nu leh pain a fate chu chhang var, buhfai polih emaw, macaroni emaw ai chuan buhfai hring (sprouted wheat) pek a khap thei science dan a awm lo; bawnghnute hring aiah carrot, orange, grape leh apple tui thar; compote aiah thei raw; sa leh thau aiah walnut, almond, sprouted beans leh peas te a awm bawk. Chaw raw ei hian naupang chuan hrisel, hlim, dam rei tak a nei a, chutih laiin ei leh in dang chuan natna leh a hun lova thihna a thlen thung. Naupang chuan a thlarau zawng zawngin chaw hmin a duh tih i ring tlat mai thei. A raw materials te chu a awm loh laia dawng turin a phut a, a chungah hian dikna sawisel theih loh a nei a ni.

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Doctor emaw, nu leh pa emaw, rilru fim leh chhia leh ÿha hriatna nei lo chuan chutiang chuan a che tur a ni a, engmah hreh lovin.

Thla thum emaw thla li emaw a nih chuan naute taksa peng hrang hrang a intan thin mumal lo taka operation tih theih nân, mitdel doctor chuan mei chunga thil sâng tam tak hal tawh aiah vitamin siam chi hnih emaw, chi thum emaw a pe a, a tam zâwk chuan damdawi chi khat angin thei rah spoon khat tehna tlemte a rawt bawk juice, chutiang chuan a chhia leh ÿha hriatna leh naute nu leh pate chhia leh ÿha hriatna chu a thlamuang ta a ni. Engvangin nge naupang chuan vitamin tlakchhamna a tuar ang, a kut ngeiin a nuin natural foodstuff-a vitamin awmte a tihchhiat loh chuan?

Hun rei lo te chhung chu kan mit i chhing ang u, thilsiam thilmak tih hi a pum puiin kan mitthla ang u. Mihring taksa factory-ah buhfai chi khat kan hmui hmanga kan luhtir meuh chuan, chu buhfai chu organism chuan a la a, a tikehsawm a, taksa pum puiah a sem darh ta a ni. Chu buhfaiah chuan thil chi hrang hrang sang tam tak awmkhawm chu kawng tinrengah an kal a, anmahni hna thawk turin an kal vek a ni. Chutiang chuan buh chi khata nutritive constituent hrang hrangte hian hna hrang hrang sang tam tak an thawk a, thil nung biological functions chu engmah dik lohna leh tlin lohna awm lovin an kalpui a ni.

Mahse, kan pum chhungah a morsel of chhang var? Tum nei lovin pum chu hna thawk turin a set a; a hal a, lumna ÿangkai lo takah a chantir a, a ÿha berah chuan, cell indolent, hlutna nei lo ÿhenkhat chungah mortar tel lo brick emaw lung emaw tlemte dah belh turin a kal a ni. Buh thianghlim ei mi thinlung chu buh chi khat ang maia nghet leh chak a ni a, chhang var ei thin thinlung erawh chu a ei thin chhang ang maiin a chak lo va, a hmin thei bawk. Chumi chu thinlung lama harsatna nei tam zel chu hre reng ang che.

Thilmak eng emaw hmangin tunlai khawvel pum hi a lo lang chhuak tur em ni leh raw-eating tih dan chu an hmang a, an natna lama hmasawn lutuk case thenkhat tih loh chu, kum sawmthum emaw, kum sawmli emaw chhungin a hun lova thihna a awm dawn lo, tar an nih thlengin

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mite chuan tar chak lutuk an thleng ÿhin. A nih ang angin, chaw chhum-a ei avanga thihna chu indona ropui ber berte thihna aiin a let tam takin a tam zawk a ni.

Naupang tanpui ngai lo zawng zawng hmingin scientist zawng zawngte ka ngen nawn leh a, mi thiam, hnam hruaitu, hriselna rawngbawlna, nu leh pa leh khawvel hmun hrang hranga mi rilru ngilnei tak takte chu naupang tête chunga chu thil sual rapthlak tak chu tihtawp nghal turin. Ni tin a tlai hian misual nunna sang tam tak a hloh a ni. Puitlingte chu chaw chhum hlimna thihna thlen thei tur atan an nunna hlan turin an zalen a, chutiang chuan mahni intihhlum an ni a, mahse tuin nge an fate rethei tihhlum theihna tur dikna petu, a bik takin chu ei tur chuan hlimna engmah pe lo mahse, a tikhat mai mai a ni naupangte chu huatna nen? Naupang chu a lo puitlin hunah midangte ei lai a hmu ang a, chutah chuan amah ngei pawhin ei duhna a nei ang tih hi sawiselna a awm lo. A hmasa berah chuan cooked-eating ang chi barbarism hi a rei thei lo va, raw-eating-a hnehna hmasa ber chu rintlak takin kan nghakhlel mai thei. Tichuan, mi maktaduai tam tak, mi dangte zu ruih emaw, ruihhlo ngawlvei emaw hmu a, mahse chutiang thil sual lakah chuan inthiarfihlim ÿha tak an awm a ni. Ka fa hi kum 6 a ni tawh

(Hei hian kum 1963, lehkhabu section hi ziah a nih lai a kawk a ni) leh ani engkim a hrethiam thei a; chaw chhum chu midang ei a hmu a, mahse amah ngei pawhin a thlarau zawng zawngin a hua a ni. Eng opium addict nge a fa naute chu a ke ruh a\anga ruihhlo hman dan zir tir?
Eng common sense nge mipa chu a mimal ruihhlo ngaite chu sanction leh vawng nung zel turin a fapa ngei chu a hlan a, a thil tih tenawm tak takte nena inkawp hmasa ber turin a fuih? Nu leh pate chuan naupang hrisel tak chu thilsiam dan angin enkawl hmasa sela, chutah chuan a lo puitlin hnuah, thil tha lo dang zawng zawngah an tih ang bawkin, a hmalam hun tur chu a duhthlannaah dah rawh se.

Heng line-te hi an chhiar hnuah chuan nu leh pa fing tak tak tumahin thuneitu dangte'n thurawn danglam tak an pe tih hi dikna an hmu thei lo. Thutak aw ngaihthah reng a nih chuan a fa hriselna tichhetu leh a hmalam hun tichhe theitu mawhphurhna chu a chungah a phur tur a ni. Mi pakhat chu thil 10,000 aiah zero substance, cell nung chu cell thi, fully balanced raw materials chu degenerated material hmanga thlak, natural hmanga thlak turin rorelna bulpui ber a nei lo tur a ni

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nutriments chu unnatural nutriments hmangin, sprouted wheat chu chhang var hmangin, green peas chu sa hmangin, leh thei thar chu jam hmangin.

Gastrolatrous Biologists te hian Nature hian a nei tih an finfiah a ngai a ni

Ei tur min rawn hlan lohah tihsual a nei in a

Cooked State a ni

Scientist zawng zawngte hnenah vantlang hmaah ka ngen a, ka ngaihdan hi nemnghet turin emaw,... khawvel pum hmaah puan chhuah emaw, natural foodstuffs meiah dah a nih chuan an nutritive constituents emaw energy contents emaw-ah hlohna a awm lo tih finfiah nan thlai cell nungte thihna a awm lo va, atom awm danah pawh inthlak danglamna a awm lo. Mihring thil nung tana nutrient siamnaah hian puitling chuan thil tihsual a nei tih an finfiah belh a ngai a, chu chu factory leh kitchen-a hnathawh te chu "purified", cooked emaw burned state-a ei tur nen min rawn hlan loh vang a ni chu thilsiam dik lohna siam\hat tumna scientific measures an ni a, mihring siam vitamin siamchawp (artificial manmade vitamins) hian nature-a hmuh theih vitamin aiin nutritional value a nei sang zawk tih te an ni. Chutiang a nih loh chuan tun thlenga tihsual rapthlak tak takte chu an pawm a ngai a, chaw chhum chu vawi khat atan tihbo vek a ngai a, universe finna chu an inhumhim a ngai a, Leilung pianphung siam chawhmeh siamte chu an tibuai tawh lo tur a ni. Sa eitu anga inngaite chuan an sa chu an theih chuan sa ei thin sakawlhte angin a thar leh a pum puiin ei sela, a cell te chu tihlum lovin, engti kawng mahin tichhe lovin.

Mihring thil nung tana thilsiam siam raw materials integrity tihbuai theihna tur dikna kan nei lo va, scientific hmanrua zawng zawng kan neih tawh avangin single-celled organism tenau ber pawh kan siam thei lo va kan hriat tawh nutritive constituent zawng zawng puihnain thil nung pakhat chu artificial-in kan chawm thei lo va, rei tak kan nung thei lo a nih chuan tin, buh chi khata thil awmte hmun sangkhat ÿhena hmun khat kan hriat hlawhtlin loh lai pawhin. Research nasa tak neih a ni a, nutrient hrang hrang hriatchhuahna kawngah hmasawnna nasa tak a awm tih chu a dik a, chuvang chuan nutritive pawimawh tak tak tam tak a awm bawk

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constituents hmuhchhuah a ni tawh a, mahse chu thil hmuhchhuah zawng zawng chu artificial satellite siam chhuah aiin a pawimawh zawk thei lo. Artificial vitamin leh corn chi khat siamtu nutritive constituents inthlauhna hi mihring siam artificial satellite leh kan galactic system pumpui siamtu van lam thilte inthlauhna nen hian a order ang chiah a ni. Mahse, artificial satellite siamtu scientist-te chuan galaxy awmsa te chu tihboral a, anmahni siam thar interstellar bodies hmanga thlak an tum ngai lo.

Kan course tha ber chu thilsiam dante ngun taka zir hi a ni rannung leh thlai chi hrang hrangte evolution. Mahse, eng dinhmunah pawh hian nature hnathawh hi kan titawp tur a ni lo va, chutah chuan gland extracts hrehawm tak tak leh artificial vitamins hmanga siam thar leh kan tum tur a ni lo.

Butter-ah potato emaw marrow emaw kan dah a, kan hmin tan chuan a tihchhiat dan chu a hmasa ber atang khan kan tan ta a ni.
A sizzle nghal a, a shrivel tan a, a brown a, chutah a vawt leh a, rei vak lo kan operation chhunzawm chuan a char up a, mean ashes ah a chang ta a ni. Chu kan hnar tichhe thei rimtui chu natural foodstuffs constituent hlu ber ber rim a ni a, chu chuan kan hriatnate chu a nuihzat a, boruak thianghlim takah a bo vek a ni.

"Cooking" leh "baking" tih thumal hi a awmziaah hman tur a ni lo tun thlenga hman thin angin buatsaih, sak leh siam that; tihchhiat, tihchhiat, hal, tihhlum emaw tihboral emaw hriatna lantir nan hman a ngai zawk a ni, a chhan chu chutiang hnathawhna hmang chuan kan thil nung tana thil hlu ber berte chu kan tichhia a, chutiang chuan mihringte chunga thil sual tenawm ber kan ti a ni .

Nausen Chuan Chaw Hmeichhia A Thlum A Huat A, Chu Chu...

Food Addict tan chauha Appetizing anga lang, Just As

Opium hi Ruihhlo ngaite tan chuan a lawmawm hle niin a lang

Mi rilru awlsam tak takte chuan tihbo chu thil tenawm tak a ni ang tih an ngaihtuah mai thei chaw chhum thlum atanga hlimna lo chhuak naupangte. Chutiang

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miten a nihna takah chuan chaw chhum chu a tui lo tak zet tih an hriat a ngai a; ei leh in ngainatute tan chauh an tui hmel hle a, opium pawh ruihhlo ngawlvei tan chuan a lawmawm ang bawkin. Tun thleng hian he thudik awlsam tak hi min hrilh tur an la awm lo, a chhan chu hun kal tawh atang khan tumah ei leh in addiction atanga fihlim an awm lo.

Nausen piang thar taksa peng hrang hrangte hi ei tur raw composition-ah chauh a insiamrem a ni. Naute hian thei leh thlai raw chu nasa takin a ngaina hle.
A ei a, lungawina nasa ber nen, buhfai raw, potato, bean, aubergine, green peas leh lentils te a ei a, chu chu a tan chuan a tui hle a, mahse cooked-eater tan chuan a duh lo hle.

Naupang tê chuan chaw chhum thlum a\angin hlimna engmah a hmu lo va; a thlarau zawng zawngin a hua a, a pumpelh a, chu ei tur pianpui lote chu hrehawmna nasa tak nen a ei thin. Mahse nu leh pa rethei, rilru awlsam tak chuan hei hi a hrethiam lo. Amah ngeiin a ruihhlo ngawlvei chauhvin a kaihruai a, naupang chawm tha tura a lungkhamnaah chuan chu ei tur tenawm tak takte chu a rilruah a nawr lut zel a, chu chuan naupang chu ruihhlo ngawlvei famkim takah a chantir a, chu chuan a hriselna leh hlimna a tichhe ta a ni.

A dam chhung kum engemaw zat chhung hian naute hian thil rapthlak tak a kalpui thin ei tur pianpui lo dona. Hei hi naupang natna tam tak leh naupangte rilru natna vei fo thin a\angin a lang a, nausen thihpui tam lutuk a\angin a lang bawk. Naute chu factory siam thar, ÿha famkim a ni. A taksa peng hrang hrangte ei leh in lama hnathawh pangngai atana natural nutriments kan supply chuan a damlo ngai lovang.

Raw-veganism hi khawvel pum huapa hman hi mi zawng zawng chhuah zalen theihna kawng awmchhun a ni mihringte chu natna chiam lakah vawi khat atan. Raw-eating thehdarh chu damlo, naupang piang thar, duhthlanna leh finna mamawh neia inpe te, leh raw-eating naupang nu leh pa fing tak takte a\angin a intan tur a ni a, chutiang chuan an in a\angin ei tur bawlhhlawh hnuhma zawng zawng chu paih chhuah vek an ngai ang an fate kawngah thlemna dah lo turin. He chawhmeh siam chhuah atanga duhthusam atanga inthiarfihlim hun hmasa ber hi thuneitute lo kal ni thlengin a awm dawn a ni

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an hriatnate, leh raw-eating chu tih ngei ngei tura puan chhuah an tum ang a, chutiang chuan thilsiam duhzawng fing tak chu mi hriat loh, zirtirna nei lo mipuite chungah a tihlawhtling ang. Khawvel pumah raw-eating a lal hun a lo thleng dawn a ni. Chu hmalam hun malsawm takah chuan chaw siam hi thil sual anga hriat a ni ang.

Chaw siam ei dan tihbo thuai a harsat nia sawi chu a chhiatna thlentu hnialna chhanna atan a hmang tur a ni lo.
Mihring khawtlang atanga heng hripui tha lo tak takte hi tihbo theih a la ni lo nachungin tumahin rukruk, rukruk leh tualthah hi dikna chantir an tum lo.
A pawimawh ber chu scientist-te chuan principle-a pawm a, ei tur siamna hnathawh chu thil dik lo, pianphung ni lo leh hlauhawm tak a nih thu leh natna thlentu dik tak a nih thu mipui hmaa puan chhuah hi a ni. Chumi hnuah chuan raw-eating chu thil tih tak takah dah chungchanga zawhna pahnihna chu a hnu lama thil thlengte chungah dah mai theih a ni.

Cooked-eating hian a zawnin ei leh in lama addiction, natna, medical science leh pharmacology te a hring chhuak ta a ni. Medical science thil tum ber chu mihring taksa peng chhe leh chhe tawhte siam\hat leh siam\hat a ni. Medical science aiah chuan raw-eater hian a science emaw hriselna emaw a nei a, chu chu a tum ber chu a chunga kan sawi tak degenerations te venna leh tunlai leh nakin lawka thlahte tan nun hrisel, hlim, rei tak leh thlamuang taka awm theihna tur a ni. Natna zawng zawng hi thilsiam dan bawhchhiatna avanga lo awm a ni. Raw-eating hian mite chu chu dante zah turin a nawr a ni.

Ka Chhungkawah Raw-Eating Hman Dan

Kum 60 ka nih laiin heng line te hi ka ziak thei ta hi a ni raw-eating tih hi a ni. Kum sarih emaw kum riat kalta khan ka thinlung chu a dinhmun a chhe em em a, heart-stroke pawh pumpelh theih loh ang maiin a lang. Step tlemte ka chhoh chuan thawk ka la thei lo va; Tui bucket khat chawi tur khawpin chakna ka nei lo. Constipation, indigestion, heartburn, insomnia, lu na, piles, gout, sclerosis, thisen sang, tachycardia, chronic bronchitis, hemorrhoids leh khawsik fo hi ka nunah hian hun rei tak kalta atang khan ka pui tawh a ni. Raw-eating vang hian chutiang natna zawng zawng chu ka paih chhuak ta a ni. Ka thisen sang chu 18-20 atanga 13 ah ka tihhniam vek tawh a, ka pulse rate pawh 80-90 atanga 58-60 ah ka tihhniam bawk. Chauhna chhinchhiahna engmah awm lovin, .

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Tajrish thleng leh haw (kilometre 24 vel) chhungin darkar li chhungin kein ka kal thei a, kel ang maiin tlang ka lawn thei a, suitcase rit tak tak ka chawi chho thei a, hun ka neih chuan nitin nun pangngai angin kilometre 12 zet ka kal kual thei bawk. Kei, hun khat chu chronic bronchitis vei a, kum khatah vawi tam tak influenza natnain a muhil thin a, kum engemaw zat kalta chhung khan common cold pawh ka nei lo va, kum khat chhung chu boruak zau takah ka mu thin thlasik leh thlasik laiin, khaw lum emaw, microbes emaw hlau lo ber pawh ni se.

Kum tam tak kalta khan gout natna nasa tak ka nei a, ka khawih thei lo ka ke ruh lian tak ruhte; vawiinah hian ka theihna zawng zawngin ka tikehsawm thei a, hrehawmna chhinchhiahna tlemte pawh nei lovin. Khawvela khawiah nge atophan, ACTH, digitalis, bromides, iodine, aspirin, antibiotics leh damdawi dang sang tam tak hmangin hetiang result hi hmuh chhuah a nih?

Minute khata 58 beats rate-a thawk thin thinlung chu stroke hlauhawmna tawk ngai lovin kum tam tak chhung chu rintlak takin a thawk chhunzawm zel tura beisei theih a ni. Cooked-eating condition hnuaiah chuan pulse rate tlahniam hi thinlung a chak loh lai chauh a ni a, mahse keimah ah chuan ka chaw ei tur taksa peng hrang hrangte hnathawh dan pangngaia lo awm thin natural result a ni.

Ka pum chhungah natural foodstuffs pangngai aia a let engemaw zat overload ka tum apiangin ka pum chhungah rei tak a awm lo va, vawi khatah intestines-ah a kal a, darkar tlemte chhungin taksa a chhuahsan a, undergoing lovin, tih hi a pawimawh hle eng decomposition leh ei leh in lama harsatna tlemte pawh siam lo emaw, ka rilru hahna engmah siam lo emaw. Hetiang dinhmunah hian ka pulse rate chu minute khatah vawi li emaw vawi nga emaw aia tam loin a sang a, chutih laiin "mihring pangngai" ang maia chaw siam chhuah hmanga "satisfy" ka tum chuan ka thinlung na chu 85-90 thlengin a zuang nghal a ni tin, ka pum hian a hlim hmel pangngai a neih leh theih nan ni tam tak a ngai bawk.

Keimah rual hian ka fa pathumna chu raw-eater angin ka enkawl mek a ni. Kum sarih mi lek a ni tawh a, mahse a hmuiah chuan chaw chhe tawh tak tak pakhat mah a dah ngai lo. A hriselna chu a ni

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famkimna lantir. Tunah chuan naupang raw- eater leh cooked-eater te hi eng ang danglamna nasa tak nge an neih tih ka hmu thei ta. Naupang raw-eater za khat enkawl a awlsam zawk a, naupang chawhmeh ei pakhat chauh enkawl ai chuan a awlsam zawk. Mi pakhat chuan naupang natna, khawsik leh khawsik, ril\am leh chaw ei kham emaw, naupang ei tam lutuk emaw, ei tlem lutuk emaw chungchangah harsatna a nei ngai lo. Lark ang maia hlim a ni a, a duh apiangin dawhkan bulah a kal a, a ei duh apiangah a in pui thin. Nilengin a zai a, hla a sa a, a zai bawk a, engmah duhthusam leh duhthusam nei lovin, tap lovin, a chhehvela mite tan harsatna siam lovin a zai thin. Zan dar 8 chiah ah a mu a, minute engemaw zat a hla sak hnuah a mit a chhing a, zing dar 6 thleng top ang maiin a mu thin. Chu bâkah, thla hmasa ber hnuah chuan zan lama a harh chhuah vawi thum emaw vawi li emaw chauh kan hre thei tih hi thil mak tak a ni. A muthilh chu a thuk em em a, a rim em em bawk a, engmah thawm leh chetna engmahin a harh chhuak lo.

Kindergarten-a naupang dangte chu an chawhmeh dawhkan bulah chhang leh cheese, chhang leh butter, pastry, etc ei tura an thut hian a bag a theipui a lak chhuah chu a rawn phawrh chhuak a, ngawi rengin a hlim hle. ÿhiante kan tlawh hian, miten an ÿhutna leh pastry leh sweet chi hrang hrang an "enjoy" ÿhin tea table phur lutuk chu ngaihsak lo takin a en ÿhin. A duhthusam a sawi ngai lo va, hriat duh vang pawh ni lovin, an zinga pakhat mah ei ve duhna a sawi chhuak ngai lo. Chutiang chuan naupang raw ei zawng zawng chu enkawl seilian tur a ni.

Ka nupui, ka ngaihdan ka nawr ngai loh chu zawi zawiin a fa leh a hriselna atana a ei leh in kalphung thlak danglam a, tunah chuan raw-eater tling tak a ni tawh a, a dinhmunah pawh a lungawi tawk hle. A bul tan nan chuan sa chu a bânsan vek a, chutah chuan sa tel lo chaw siam chu kar khatah pakhat emaw pahnih emaw-ah a tihtlem ta a ni. Naupang chu tlem a lo seilian deuh deuh chuan hengte hi a chang chuan alu lum tlemte ei thinin a thlak ta a ni. A tawpah chuan hengte pawh hi ni khat chu naupang chuan, "Eng atanga lo chhuak nge chu rimchhia chu, Mommy?" Chumi hnuah chuan whole meal chhangphut slice te tak te chauh a la a, chu chu a chang chuan walnuts nen a ei thin a, naupangin a hmuh loh.* Vawiin hian raw-eating hian a organism-ah nghawng mak tak a nei tih a hmu a, ma

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chuvângin, chaw chhum zawng zawng chu a insum tûr a ni. Tin, heng zawng zawng hi harsatna lian tham awm lovin tihhlawhtlin a ni a, vawi khat chu thutlukna chu tih tak zeta siam a nih hnuah. In chhunga chaw chhum rim a awm loh chuan raw-eating chu thil awlsam tak a lo ni ta a ni. Hei hi chu nu leh pa zawng zawngin an hriselna ngai pawimawh leh fate hmangaihtu zawng zawngte zawm tur a ni.

Mihring Thiltih Sual zawng zawng hi Cooked Result a ni

Ei

Raw-eating hian zu in, zuk leh hmuam, ruihhlo ngawlvei leh duhâmna ang chi thil ÿha lo dang zawng zawng chu arena aÿangin a hnawtchhuak vek ang. Heng ruihhlo ngawlvei te hian raw-eating hi a zui thei tawh lo. Heng vices te hi ei leh in lama addiction satellite an ni.

Raw-eating hnehna hmang hian a tawpah chuan khawvelah leh hnamte inkarah remna nghet tak a awm dawn a ni. Thil sual tih zawng zawng, huatna, inhmêlma, chapona, inhuatna leh a tlangpuiin mihring nungchang sual zawng zawngte hi chaw chhum-a ei chhuah thlahte an ni. Cooked-eating tihbo a nih chuan mihringte duhzawng chu a reh ang a, an rilru a lo chawimawi ang a, nun chu a awlsam em em ang a, mipa te chuan an sa an inhnim hrual emaw, an chhia leh tha hriatna chu pottage buaina atan an hralh emaw an ngai tawh lo vang.

Diet Conception hi a huam chin a ni tur a ni Unnatural Nutrition chu Natural hmanga thlak Chaw pek dan

Raw-eating famkim hi mihringte natna laka zalenna awmchhun a ni. Half-measures hian result a pe ngai lo va, a pe ngai lo bawk. Tuna cooked-eating dinhmun hnuaiah hian ei leh in bikte nutritive value chhiarna pawm zawng zawng chu engmah ngaihtuah loh anga ngaih tur a ni. Natna chu eng pawh ni se, ei leh in chungchanga zawhna sawi a nih hian a raw leh a cooked, natural leh unnatural, pure leh degenerate lam chauh kan ngaihtuah tur a ni. Nitin radio-ah te, chanchinbuah te leh kawng hrang hrang hmanga vitamin, mineral leh protein bik hman dan tur rawtna siam te, leh an calorie value chungchanga hriattirna pek te hi a pum pui a ni

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thil tih theih loh, hlutna nei lo leh hlauhawm, a bik takin ruihhlo leh ran chaw hmanna atanga innghat an nih chuan.

Nutritive substance pakhat zel property ngaihtuah hian, nutriment pakhatah hian eng vitamin emaw, constituent dang emaw bik nge awm tih hi kan ngaihtuah buai tur a ni lo. Chaw ei zawng zawnga constituent hrang hrang awm vek chu tihdanglam theih loh a ni a, chu chu tih ngei ngei tur a ni. Chuvangin, kan ei tur ei zingah hian constituent pakhat mah a awm loh nan kan fimkhur a ngai a ni. Hei hi thlai raw ei tur eng pawh kan ei hian a ni a, chaw chhum takah erawh chuan sang tam takin an awm lo thung.

Kum zabi tam tak chhung chu specialist sang tam takin dietetics an siam tawh a an zirchianna bik. Mahse harsatna pahnihna chauh an ngaihven a, kitchen kang avanga chhiatna thlengte an ngaihtuah loh avangin an zirchiannate chuan duhthusam a chhuah thei lo va, a pawi zawk chu an inhnialna tam tak avang hian mihringte tan chhiatna nasa tak a thlen a ni . An zinga hmasawn ber anga ngaih theih vegetarian-te pawhin kangmei chhuakin a tihchhiat chu an tuar mai ni lovin, chhang dum leh refined sugar hman pawh an tuar chhuak a, chu chu thil hlu zawng zawng tel lo a ni. Chuti chung pawh chuan mihring ruihhlo ngawlvei hnehnaah hian vegetarian-te chuan kawngpui sang ber an paltlang tawh tih hi pawm a ngai a ni. Thil harsa ber chu sa ei loh hi a ni a, chu mi hnuah chuan sa tel lo ei leh in chu ei tur raw hmanga thlak chu thil tlemte chauh a ni a, mahse he step tlemte hmang hian an thil tum hnuhnung ber an thleng tur a ni. Chuvangin, ngaihdan chi hrang hranga vegetarian-te chuan raw- eating principle chu pawmin, banner pakhat hnuaiah an inkhawm ang tih beisei a ni a, chu chu mihringte duhthusam ni reng thin nun hlim tak lungphum phum nan a ni.

Dietetics lama mithiam a nih angin America ramah G. Hauser hian hmingthanna ropui tak a chang a ni. Mahse Hauser pawh, dietician dangte nena khaikhin chuan hmasawnna lam hawi a nih ang bawkin, chaw siam avanga chhiatna thleng chu a ngaihtuah lo va, chuvangin kitchen-a chhiatna thleng chu damdawi hmanga siam that leh a tum a ni. A thurawn chu rei lo te chhung atan han ngaihtuah ila

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thiltum \angkai tak tak a thawk thei a ni. Mahse khawiah nge hnathawk, lo neitu emaw, kawngpuiah mi pangngai emaw chu zing lama black molasses engzat nge a lak tur, tlai lamah yeast engzat nge a lak tur tih hriatna a hmuh theih nan dollar sangkhat man a pek tur chu zawng turin a awm , emaw, nitin vitamin pakhat unit sang engzat nge a ei tur?

Hei hi kalphung dik a ni lo. A pum pui hriat chian a ngai a ni khawvel chu a theih ang anga uluk takin mihring nungchate raw materials pawimawh tak takte hmangin, tuna ei leh in lama kan nunphungte nasa taka thlak danglam a, ei leh in bik leh mimal vitamin-te rawtnate tihtawp a ni.

Science lama mipa te chuan chhang, buhfai polished emaw sa emaw ei tur chauh ei thin tumahin dam rei an beisei thei lo tih an hria. Mahse mi pangngai chuan hei hi a hre lo. A ngaihdan chuan chu ei tur chuan chaw tha tak a pe a ni. Engtin nge thil awmdan chakna hnuaiah emaw, retheihna nawrna emaw hmangin mimal pakhatin chu ei tur chauh chu â takin amah leh a fate a chawm lo vang a, a rah chhuah avang chuan amah leh amah a tichhe lo vang tih kan tiam theih ang? Scientist langsar ber pawhin, a thupui zawng zawng a hriat chian em em pawhin a duhâmna duhna chu a do thei lo va, chu thil chiam chu a ei nasa lutuk a, zawi zawiin a intihlum a, chutiang chuan a intihlum thuai a ni cancer emaw, heart attack emaw a awm thei. Chuvangin, heng ngaihdan te hi lehkhabuah thehdarh mai mai a tawk lo va; mipui ei leh in lama inthlak danglamna bulpui, ruahmanna fel tak siam a nih theih nan state taksa peng dik takte thawhkhawm a ngai a ni. Nutritional constituents tihralna nasa tak chu zawi zawiin tihtlem nan leh ei tur raw leh undefiled ei tura fuih nan active measures lak a ngai a ni. Diet chi hrang hrang thil tum hnuhnung ber chu raw-eating a ni a, chu chu "diet" tih thumal hian awmzia a hloh a, NATURAL NUTRITION emaw THE INTEGRAL RAW MATERIALS FOR THE HUMAN FACTORY emaw tih thumal chu hmun a chang ta a ni.

Artificial Vitamins leh Minerals hman dan chu a ni tur a ni A tawp ta

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Natural foodstuffs-a nutritive constituents awm zat (relative quantities) hi a inang lo hle a, chu chu constituent pakhat milligram khat nen chuan constituent pahnihna milligram sangkhat leh hmun thuma ÿhena hmun khata milligram maktaduai khat a awm thei tihna a ni. Mahse, milligram maktaduai khata rit constituent hi mihring factory tan chuan milligram khat rit ang bawkin a pawimawh hle. Tunah chuan chaw siam lai hian a hmasa berah chuan trace tenau chauha awm constituents te kha a ni chiang hle.

Mi pakhat chuan engvangin nge hetiang raw material chhe tak tak hmang hian mihring factory chuan factory pangngai angin vawi khatah hna a chawlhsan lo va, hun rei tak chhung a hnathawh chhunzawm zel a, chu chuan miten an ei duhna tihlawhtlingtu apiang chu ei leh in a ni tih thutlukna dik lo takah a hruai lut tih a ngaihtuah mai thei .

Thudik tak chu mihring taksa hi thil pangngai a ni lo tih hi a ni thil siamna hmunpui. Khawvel lian tak, mi maktaduai tam tak awmna, factory chhiar sen loh, pawl hrang hrang, system hrang hrang, dawr hrang hrang, reserve leh a dangte awmna a ni. Nutrition engmah hmu lo mah se, a reserve dahkhawmte chu hman tura koh hmangin ni 70 emaw a aia rei emaw thlengin a nung thei tho a ni.

Organism chhunga a luh hnuah chuan thisen hmangin mihring taksa pum puiah a sem darh a, cell tin hian a structure leh specialty nena inmil thilte chu an dawng vek a ni. Mahse, gland leh taksa pengte cell-te chuan ei tur siama awm, kut zungtang hmanga chhiar theih ang chi chi hrang hrang, degenerated constituent tlemte atang chuan engmah an la lo. An nghak chhunzawm zel a, riltam leh tlakchhamnaah, an puin a kut zungtang a phar a, onion, green vegetable emaw thei chi khat emaw pawha amah tanpui turin a deigns hma loh chuan.

Mihring hian cell pakhat zel riltamna chu a hre lo a, glandular leh organic cell-te riltam nasa tak awm mah se, a pum a khat a, a ruihhlo ngawlvei chu a lungawi a, amah ngei pawh a lungawi a ni. Mahse, content tam zawk chu cell hlutna nei lo, indolent leh inactive cells te an ni a, chu chuan duhâm takin "fully-balanced building materials" corresponding chu an ei zo vek a ni

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to their structures leh taksa chu a bulk tihpunna hmangin "ti chak leh tichak" thin.

Hei vang hian cell 50-60 vel zeta rit, hmantlak loh, hmantlak lo, mi hrisel, thau leh chak tia sawi hian active, specialized cell gram za engemaw zat a nei lo va, chu chuan a gland pakhat emaw, a dang emaw chu a thawk reng thei a ni leh thil dik lo awm lo siam chhuak thin. Glands leh organs te hian active cells la awm hnuhnung berte chu an hloh loh chhung chuan mipa chuan engtin emaw takin a awmna chu a drag thei a mahse, a tâwpah an hmanral hunah chuan thihna chu pumpelh theih loh a lo ni ta a ni.

Tichuan mi "satiated," "stout" leh "vigorous" chu a glands leh organs te riltam takin a thi ta a ni. Entirnan, heart cells te hian normal contraction siam nan power leh elasticity mamawh an hloh thin. Chumi hnuah chuan thinlung chuan a cell tamna hmangin dinhmun chhanchhuah tumin a bei a, chu chuan rannung protein leh chhang var atanga siam cell-te nen a lian chho ta a ni. - Mahse hei hian a hlawk lo, a chhan chu heng cell te hian hna tangkai tak tak thawh theihna an nei lo va, organ hian a beng a chawlhsan vek hma chuan hun rei tak a ngai lo.

Kan hre chiang lo, constituent hrang hrang engzat nge kal tih buh chi khat emaw, thlai chi dang emaw siamna. Hypothetical, approximate number, 10,000 ti ila, i la ang u. Chumi hnuah chuan nature dan bulpui ber berte hmangin mihring factory atana thil mamawh raw materials chu thil chi hrang hrang 10,000 atanga siam a ni tih kan ngaihtuah tur a ni a, chu material supply-naah chuan a siamtu pakhat emaw, a dang emaw chu a ni lo tih fimkhur bik a pawimawh hle awm lo.

Hei hi mihring factory hnathawh dan pangngaia kalpui theihna tur natural system ber a ni.

Tunah chuan he cooked-eating dietetics hi eng ang taka topsy-turvy nge a nih tih kan en ang kum a ni. Mipa chuan chu thil pawimawh tak takte chu nasa taka tihchhiat a ni a, an taksa chu an chhunga thil awm chi hrang hrang tlemte chauh hmangin an chawm a ni.

Kum tam tak chhung zirchianna nasa tak an neih hnuah biologist-te chuan cheese, butter, liver emaw thluak emaw-ah hian thil chi hrang hrang 1015 chauh a awm tih an hmuchhuak a. Mi pakhat chuan an thawhrimna rei tak avang hian chutiang leh-chutiang ei tur chu 10-15 chauh a ni tih an hmuchhuak tih an inpuang ngei ang

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thil chhe, inthlau lo, rimchhia, chhe tawh leh thi chi hrang hrang, leh kan raw material siamtu constituent-te chi hrang hrang, chi 9990 a awm lo va, chuvangin, chu ei tur chu a tlachham em em a, a hlauhawm em em a, a hlauhawm em em bawk a, nutriment atana hman chu a ni tur a ni lo tu pawhin an recommend a ni. Mahse, chu ai chuan, chu ei tur thila an hmuh theih thil zawng zawng hming chu pakhat hnu pakhatin an tarlang a, ei leh in lama an hnathawh dan chipchiar takin an sawi a, an thil neihte an chhiar zawh hnuah, ei leh in "hlawkthlak" tiin an rawt a ni. Nutritive constituent sang tam tak awm lohna chungchang hi thumal khat mah an sawi lo va, ei leh in lama an chanvo emaw, an awm loh hnua thil chhiatthlak tak tak lo thleng tur emaw pawh an sawi lo.

Mahse, heng ngaihtuahnate hi zawhnaah chuan thil pawimawh tak a ni.

Raw hnathawh hi a tam em em tih hi hriat reng tur a ni

thilmak eng emaw hmangin mihringin a hre vek a nih pawhin, an sawifiahna mai atan chuan dam chhung pum pui a tawk lo vang, thil nung chhunga ei tur awmte. Nutritive dan bulpui ber pakhatah kan ngai tur a ni, nutritive constituent engmah hi a pum pui tih loh chu a hranpaa ei a nih chuan a thil tum dik tak a hlen thei lo tih hi.

Mi pakhatin scientist lar ber pawh a awm tih a kawhhmuh chuan no trace of any vitamins in the white bread which he eats, he retorts, without the least hesitation, that he also eats foodstuffs containing vitamins A dikna inang tlangin brick siamtu chuan nilengin a brick a dah thei a, a bang chu mortar engmah awm lovin a chawi sang thei a, chutah chuan mortar a hman hun pawh a awm tih an sawisel bawk. Chutiang chu ei leh in addiction avanga mitdelna chu a ni.

Starch, sugar, thau, protein leh chi thi chi hrang hrang a nih loh chuan chhang var chu eng nge ni — thu dangin sawi ila, kan raw material siamtu constituent 10,000 zinga tlemte nunna nei lo vut chauh hi? A chunga 10,000 zinga pakhat a nih loh chuan refined sugar chu eng nge ni? Sa chu poison nei protein leh degenerated constituent tlemte traces a nih loh chuan eng nge ni? Mahse, mihring chuan heng thil tlemte hmang hian a pum chu a tawp thlengin a khat a, a taksa peng hrang hrangte chu ei tur pawimawh tak tak sâng tam tak a hloh a ni. A taksa peng hrang hranga natna lo awm chhuak chungchangah chuan mi pakhat a lo awm thei a

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damdawi ina tlawh emaw, damdawi lam zirna bu-a lemziakte enfiah emaw hmanga ngaihtuahna ÿhenkhat. Engtin nge hetiang deformations, sores leh ulcers rapthlak tak hi a lo awm theih ang, chu chu nutrients tha zawk awm lohna avang ni lo se?

Tun thleng hian scientist-te chuan nutritive constituent sang tam tak zinga chi 40-50 chauh hmuchhuak mah se, damdawi lam lehkhabu tam tak chu chutiang thilte nghawng sawifiahna atan an hmang a, chu chu damdawi lam thil dang tam tak bulpui ber pawh a ni. Chu bâkah, chutiang thil siam leh sem chhuahna tûr chuan khawvêl pum puiah sumdâwnna hmun zau tak a darh a ni.

Chutiang constituent 40-50 ai chuan research scientist-te chuan ni khat chu thil chi hrang hrang 4,000 emaw 5,000 emaw sawi loh, 400 emaw 500 emaw an hmuh chhuah hlawhtling a nih chuan eng dinhmun nge a nih dawn tih chu kan ngaihtuah chiang mai thei. Tunlai mipa hian a taksa tana mamawh raw material tak takte dikna chu a hmu lo niin a lang a; a kutah an awm nghal lo emaw, a hmuh theih loh emaw pawh ni se. Chuvangin a organism mamawh phuhruk nan pakhat hnu pakhata zawng turin nook leh corner tinah a en a ngai a ni. Research scientist-te chuan an formula hriat tawh leh lehkhabu-a print chhuah thilte chauh chu scientific-ah an ngai a ni. Buh chi khata thil awmte formula kimchang an hriat loh avangin scientific lam thil an hmu lo. Thil "common" tak, awlsam taka hmuh theih, hmun tinah a tam a, mi zawng zawng hriat lar tak a ni. Mahse nutritive constituent thar an hmuhchhuah a, a formula an hmuh chhuah hlawhtlinna chu thil danglam tak a ni.
Chutah chuan scientific a lo ni ta a; a thil hmuhchhuah chu damdawi lama hnehna ropui tak anga fak a ni a, chubakah, factory, damdawi dawr leh clinic-ah te rilru hahna leh thahnemngaihna thar a rawn luhtir a ni. Tin, hei hi mihringin a chhang var a bânsan duh loh vang a ni vek bawk.

Eng pawh ni se, miten a tawpah chuan natna tihbo theihna kawng awmchhun chu khauh taka tihkhawtlai hmasak a, chutah chuan kan ei leh in siamtute nasa taka tihchhiat kha khap vek a ni tih an pawm a ngai a ni.

Chumi atan chuan mawhphurtu pawlte chuan intensive publicity an kalpui a ngai a ni leh mipui tam tak tihchhiat a nih loh nan active takin hma a la tur a ni

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nutritive constituents te pawh a awm bawk. Chaw raw inzawmkhawm atanga chaw chi thar an lak a ngai a, mipui hnenah an recommend tur a ni a, chutah chuan an ei leh in dan chu a danglam zauh zauh ang. Chumi avang chuan tuna mihringte tibuaitu natnate hi a bo zauh zauh ang a, economy ropui tak chu kan nunphung man a nghawng dawn a ni.

Raw-eater kan nih hma khan kan chhungkua hian nitin chhang kilogram khat kan ei thin a, tunah chuan buhfai kilogram khat hian ni riat atanga ni sawm chhung kan daih tawh thung. Chhang var diet-ah chuan hun rei tak kal ta khan ka thi tawh tur a ni a, mahse nunna pe thei buhfai avang hian ka la nung reng a, kum 40-50 vel tal chu ka dam leh ngei ang tih ka chiang hle.

Raw-Eating hriselna leh Naupang chawhmeh ei hi chaw chhum ei avanga harsatna a thlen dan finfiahna tha ber a ni

Chu thu bulte chu a hmasa berah chuan day nursery, naupangte in, damdawi in leh restaurant-ah te hman a ngai a, chumi hnuah chuan mipui zahawm tak zingah mipui hriata puan chhuahna hmanga tihlar a ngai a ni. Hetiang thudik chiang tak leh hnial theih loh ka rawn tarlan tawh ang hian, scientist mit fiah tak takte chuan vawi khatah hna an thawk tan ngei ka beisei. Mahse concrete proof dang neih an duh chuan a hnuaia test hi ka rawt a ni. Naupang in pakhata naute chu pawl inang pahnih-ah then ni se, pakhat chu tunlai damdawi hman dan hmanga chawm tur a ni a, pakhat chu raw-eating principle hmanga enkawl tur a ni. Tichuan pawl pahnihte hriselna hi tehkhin ila. A tir atang khan khawvel pum tan chuan system pahnih zingah hian eng system nge), of nutrition hi scientific leh humanitarian tak tak a nih tih hi rinhlelh rual a ni lo. Damdawi ina damlote tihdamna atana hmanraw siam danglam chuan result inang chiah hi hmuh theih a ni.

Mi rilru pangngai tam tak chuan naupangte chunga chutiang "experiment" neih chu sualna emaw, hliamna emaw a nih thu sawiin fiahna hi an dodal thei a ni. Mahse, chutiang mite chuan tlem a thuk zawka an ngaihtuah chuan naupang nunna leh hriselna humhimna tur experiment a ni lo tih an hmu ang a, chu chu a tum angin pure nutritive constituents khawlkhawm kim vek a ni

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mihring thil nung tan chuan pianphung angin. Experiment tak tak chu science inthuamna hnuaia laboratory-a hriat lar loh thil siam chi hrang hrang tlemte hmanga mihring ni lo test-na te hi a ni a, chu chu naupang maktaduai tam takin an naupan laiin nun an chhuahsan a, an nu leh pate chu an lungngai hle a ni lungngai. Experiment chu ei leh in leh rimchhia 1,001-in mipui hriselna a khelhpui a, natna thar siamtu operation te hi a ni. Heng natnate hi nuihzatthlak takin civilization natna tia vuah an ni a, chutiang "civilization"-ah chuan mualphona tlemte pawh nei lovin, chutiang natna hrintu dinhmunte chu hriat lohna, savagery emaw barbarism emaw tia vuah theih a ni a, mahse civilization tih erawh a ni ngai lo tih lantir lovin.

Scientific Institution leh Mawhphurtu State Bodies te chuan Thu belhchian dawl lova Raw-Eating Buaina chu zirchiang rawh Titlai

Mihringte hi khawvela natna zawng zawng atanga an chhuah theihna tur radical leh chutih rual chuan awlsam tak leh natural tak tak ka rawt a ni. Hei hi thil pawimawh tak a ni a, scientist, doctor, mi fing leh mawhphurtu state body zawng zawngte pawhin an ngaihven vat a ngai a ni. Ka ngaihdan dik lo tih vantlang hmaah an finfiah a ngai a, basic experiment hmangin an hnial tur a ni a, a nih loh leh an thudik chu an nemnghet a, a taka hman theih turin a tul angin hma an la tur a ni. A bik takin, doctor-te'n ngaihsak lohna emaw, ngawi renga awm emaw an lantir a nih chuan, mipui zahawm takte chuan an field emaw, an hnathawhna emaw tihtlem a nih loh nan, an lam aÿanga natna do duh lohna chiang tak angin an ngai thei ang. Keimahni lam chuan hei hi a tlangpuiin a dik ka ring lo, a chhan chu mihring tlemte chauh hi hetiang khawpa zahngaihna nei lo hi an awm thei a; mahse doctor-te chuan sum hmuhna aiin thil tum sang zawk leh ropui zawk an nei tih finfiahna \ha tak an pe tur a ni a, an thil tum chu, a nihna takah chuan, science rawngbawlna, mihringte rawngbawlna a ni tih finfiahna \ha tak an pe tur a ni.

Doctor ropui tak tak, mipui rilru pu leh midangte tana thilpek duhtute chuan an thil tum duhthusam chu raw-eating pawmin an thleng a, mihring nihna nei lo, mahni hmasial leh duhâm doctor-te erawh chuan anmahni mimal hlohna chu an hmu thung. Thuk taka innghat nunphung thlak danglam harsatna nia sawi hi chhanna tlemte chauh a ni thei

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mi sualte mahni hmasialna niggardly chu khuh rawh. Raw-eating hmuhchhuah hi mi ropui leh mi zahawm lo, mi tha leh sual, mi fing leh mi fing lo thliar hran theihna hun tha ber a ni.

Raw-eating thehdarh aia mihring tana hlutna nei lian zawk hnathawh a awm lo. Mihring zawng zawng hi kum zabi tam tak kalta atanga kan mutthilh atanga kaihthawh a ngai a, a mit a meng a, a rilru hahna atanga chhuah tir a, tuna a mumang chhia atanga chhuah tir a ngai a ni. Mi hausaten he thil atan hian an sum an thawh chhuah a ngai a; mi fingte chu an thluak a ni. Society din te, club din te, chanchinbu chhuah te, lehkhabu print te hi a pawimawh hle. Chu bâkah, chawlh hahdamna, intihhlimna leh infiamna hmanrua zawng zawng awmna sanatoria zau tak siam a ngai a, thla engemaw zât "tâng" hmangin tihdam a ngai a, chu chu tihdam theih nân, tihthar leh theih nân, tihchhiatna thlen thei ngaih dân laka chhuah zalen a ngai a, chu mite chu ÿanpui leh êng pe tûrin a ngai bawk thu hriat tur leh duhthlanna mamawh nei lote. Biak in emaw, sikul leh damdawi in emaw ang chi kan mamawh loh building tangkai lo tak tak sak ai chuan he thil atan hian sum leh pai leh chakna seng hi a tangkai zawkin a duhthusam zawk a ni. Raw-eating hi tu mi fing nge zalenna leh tihkhawtlai loha rorelna nei tak tak, emaw, eng mi nge mipui hriselna leh hamthatna ngaihven tak tak tih kan finfiah theihna tur touchstone a ni. Rangkachak lehkhaah hian history-in chutiang mite hming a ziak ang.

Thudik Sawi Hi Sual A Ni Lo

Mi thenkhat chuan lei hriam neiah min puh thin. Cooked-eater-te chu tualthattu, filicide leh misual ka tih hian puhna ka siam lo; Thudik ka sawi mai a ni, chu thudik chu a thlum viau nachungin.
Nuin a fa duh tak hmuiah a kut fimkhur tak hmanga chaw lum a khat hian a naute taksa peng hrang hrang a tichhe a, natna leh thihna thlengin a hruai thin. Doctor-in naupang tê tê leh...

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thlai leh thei man to takin artificial vitamin pill a pe a, thil sual lian zawk a ti a ni.

Nitin hian, chanvo chungchanga irony mak tak hmangin, chak lo leh damlote chuan an natna thlentu thilte ngei chu damdawi anga an ngaih a, duhâm takin an ei a, chutih rualin, a lehlamah chuan hlauhna chauhvin an pumpelh dan ka en thin an hrehawm tawrhna thlentu anga an ngaih vang mai maia hriselna siam\hat thei thil (thlai leh thei raw) te. He ngaihdan dik lo thihna thlen thei avang chauh hian mi maktaduai tam tak nunna an hlan a ni. Thil lungchhiatthlak tak thuk zawng zawnga luhchilhtu chu a cool leh ngaihsak lo takin a awm thei ngai lo.

Tihchhiatna dona kawngah hian dan anga inkharkhip a awm lo Mihring Factory atana ruahman Raw Materials

Balance dik takah chhiatna tlemte a lo chhuah chuan raw materials supplyed to the industry of a county, a mawhphurtute chu ngaihsak lohnaah puh an ni a, thubuai siamsak an ni a, chutih laiin mihring factory hnathawh dikna atana mamawh raw materials-a thil tihsual tenawm ber titute erawh chu scot-free-in an kal fo thung. Tunlai kum zabi science lama hmasawnna karah hian mi hriat loh leh â ber chuan natural foodstuffs tihchhiat dan thar zawng turin dikna famkim a nei a, ei tur nuihzatthlak ber berte pawh a siam chhuak a, hralh turin a hlan bawk. Mahse thil mak tak chu scientist ropui tak, cytologist ropui tak, cell nungte biological function zir chianna atana a nun hlan tawh emaw, dietician emaw, a nunah a thil tum ber chu working out of the mihring tana ei tur tha ber, chutiang thil chhe tawh tak takte chu a lei a, a cell-te hnenah a hlan a, chu chu ngaihsak lohna leh fimkhur lohna nasa ber nen, a hmui thupek chauhvin a kaihruai a ni.

A hmasa berah chuan kan zalen thei ang tih hi rintlak a ni lo raw-eating hmanga natna zawng zawng. Mahse, proposition ropuizia chu "rin theih loh" chu awlsam takin thil tak tak tihhlawhtlin tawh a lo nih takah hian a awm a ni. Food-addiction bânsan harsatna hi ideal of tihhlawhtlinna daltu anga ngaih tur a ni lo

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raw-a ei leh in; chutiang ni lovin, mihringte chunga hmêlma chakna tehna tehfung atan a thawk tur a ni a, chutiang ramhuai hlauhawm tak chu nausen piang thar taksaah a luh loh nan theihtawp chhuah turin min fuih tur a ni. Mihringte ngei pawhin chaw chhum chhuah kalsan harsa ti thin, an tih dan tha lo la awm reng thinte pawhin thudik chu an nemnghet tur a ni a, thang thar lo piang tur leh mihringte hmalam hun atan chuan chu thutak hnehna tur chu thu hril hmangin an bei a ngai a ni leh raw-eating principle leh hmanraw dang awm zawng zawng hmanga sawifiahna te a ni.

Dik tak chuan, chutiang rilru zau tak leh hnungtawlh mite tan chuan who are irrevocably biased in favor of cooked foods and drugs the principles of raw-eating are far too advanced, mahse tûn laiah chuan Cosmic Age-ah kan cheng a, Middle Ages-ah kan cheng lo va, chutih lai chuan hmasawnna ngaihtuahna emaw thil siam ropui tak tak emaw chu kum tam tak chhûng chu tihduhdah a nih lai a ni mi hriat loh rabble te chu. Tûn laiah chuan mihringte dam khawchhuahna emaw, tihboral emaw chungchâng zawhna hi kan hmaah dah a ni. Inhnialna hi mihring nihna a ni lo.

Raw-Eating hian Mipui hmaah hlawkna nasa tak a tichiang Economy leh Nunphung A Tisang Several

Hun kal tawh

Rin loh takin nutrients tam tak chu mei chungah a chhe vek a,... peeling, refining leh processing chi hrang hrang hmangin. Entirnan buhfai hring gram 100 hian buhfai kilogram khat atanga chhang dum hmuh aiin nutritive value a nei sang zawk tih sawi theih a ni.

Chutiang bawk chu corn, pulse, thlai leh thei chi dang zawng zawngah pawh a ni. Tunlai ran chaw zawng zawng hi kan paih bo chuan khawvela thlai thar chhuah te hian tuna khawvel mihring awm zat aiin a let tam takin anmahniin an chawm thei dawn a, chu chu a raw state-a ei a nih phawt chuan. Raw-eating awmzia dik tak chu hriatthiam theih a ni lehzual ang, chu chu miten chu ei tur tha tak takte tihchhiatna atana an thawhrimna, hun leh sum an hmanral dan kan ngaihtuah a, chutah chuan a zawng zawng kan ngaihtuah chuan

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chutiang ei tur inang lote tihchhiatna avanga kan taksa peng hrang hranga chhiatna thlengte tihbo beiseina avanga hriselna rawngbawlna hrang hrangte leh mipui zahawm takte pawhin damdawi an senso chu. Ka thusawi dikzia chu finfiahna chiang tak hmanga lantir ka inpeih a, chu chu he thupui chungchanga thu chiang zawk neih duh tan chuan a ni. He thila ngaihsak lohna lantir a, anmahni mimal ruihhlo ngawlvei dikna lantir nan heng thudik tap chhuakte hi an beng khar tlat, thuneitu mawhphurtute chu history chuan a ngaidam ngai lo vang.

Raw-eating principle an pawm duh loh chhan pahnih chauh a awm thei. Either, mihringte chaw siam "hlimna" "hlihsak" ai chuan natna awm chu tuar an duh zawk tih an puang tur a ni a, chuta tang chuan "scientific achievement" hrang hrang an neihte chu a taka hman theihna chu an bânsan tur a ni of much hard work or, by the performance of the basic tests proposed by me, an finfiah tur a ni, natna laka mi chhuah zalen ai chuan, raw-eating hian a takin a tichhe nasa zawk tih an finfiah tur a ni.

Hei hi tih theih loh khawpin an hmu ang. Chumi a\ang chuan an ngaihtuahna hmasa ber, a mihring nihna dik lohna nasa tak chu mi zawng zawng hmuh theiha innghah mai loh chu tih theih dang an nei lo tih a lo chhuak a ni.

Chuvangin, naupang sual nei lo zawng zawng aiawhin raw-eating dodaltute chu an dodalna chu press-ah thehlut se ka phut a, chutiang chuan an chhanna dik tak an hmu thei ang a, mipui ngaihdan pawhin a tul anga thutlukna siam theihna hun remchang a neih theih nan leh a puan chhuah theihna hun remchang a neih theih nan final leh thutlukna dik tak siam a ni.

Mi zawng zawngin Real leh Integral Raw hi kan hre vek tur a ni A Taksa Thiltihtheihna

Mimal tin hi thil buaithlak tak tak zinga pakhat neitu chhuanawm tak kan ni khawvelah factory hrang hrang a awm a, amah chauh hian factory pek chu a tluang taka kalpui a nih theih nan mawhphurtu a ni. Chuvangin, chu factory mak tak raw material tak tak, dik lo nei lo leh integral tak chu ngun taka hriat a ngai a ni.

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Chu raw materials te integrity chu tunlai biologist-te'n nutrition chungchanga an textbook-a an tarlan protein, thau, carbohydrates, vitamin, mineral leh calorie zat atanga teh a ni lo. Chaw siam dan tur list sei tak tak, a sir lehlamah dahin hriat theih a ni lo bawk.

Kum maktaduai tam tak chhung leh chhut dan dik ber ber hmangin kan thilsiam mak tak hian mihring thil nung tana mamawh integral raw materials te chu a rawn khawm a, inremna famkim leh a mamawh zat angin a inzawm khawm a, nunna a pe a, thlai chi hrang hrangah a dah khawm ta a ni taksa chu cell nung ang chi a ni.

Nutrition thuruk zawng zawng chu chu cell-te chu an thi emaw, an dam emaw-ah a awm a ni. Eng dinhmunah pawh cell thi atanga siam thilte chu mihring factory atana raw material atan hman theih a ni lo.

Mihring hian a inthlauhna (sense of proportion) a hloh tur a ni lo va, a thil siam chhuahte chu ngaihtuahna piah lamah a chhuang tur a ni lo. Mimal nutritional constituents zirchiannaah hian biologist-te chuan harsatna nasa tak an tawk a, thil pawimawh tak tak an hmuchhuak a, chu chu kan lawmpui tlak tak zet tih chu a dik a ni. Mahse, chu hlawhtlinna zawng zawng chu tuna mihringte technical leh mental development nena inzawm chauhvin ropui anga ngaih theih a ni. Thilsiam finna sang ber dodalna kawngah hian scientist langsar ber berte pawhin an thil zir zawng zawng leh an thil hmuhchhuah chhiar sen lohte nen chuan naupang kum nga mi aia hriatna lian zawk an nei lo. Chuvangin, thilsiam siam raw materials inremna leh dikna tichhe thei tur leh an naupan laia an hriatna smattering chu science famkim anga mipui chunga nghah theihna tur dikna an nei lo.

Ringhlelhawm lohvin, ei tur thuruk chhunga luh tumnaah scientist-te thil tum ber chu mihring thil nung tana thil pawimawh tak tak, ei leh in lama thil awm zawng zawngte hriatchhuah a, an zat (relative quantity) hriat chian leh inzawmkhawm vek hi a ni. Phên dangin sawi ila, buhfai emaw, lentil emaw chi khat chu artificial-a buatsaih a, nunna pek an duh a ni. Mahse kum sâng tam tak chhûnga hnathawh chhunzawm zel hnua mihringin a hmuh theih loh chu, tûn laiah hian nature hian a thlawnin min rawn pe a ni. Eng nge kan duh lehzual? Kan finna chungchangah rinhlelhna eng emaw kan ne

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universe nge sa ruihhlo ngawlvei hian mihring chu thil âwm lo ber ber ti turin a fuih em?

Kan mamawh tam zawk nia ngaih hi thil awmze nei lo leh hlauhawm ber a ni protein emaw, thlai taksaa awm aia nutritional constituent dang emaw a awm thei. Hemi hnuhnung zawk hian protein tlemte chauh a neih chuan kan taksa hian a mamawh tam lo tih a lo chhuak a ni, chutiang zat chiah chu kum zabi maktaduai tam tak chhunga kan thil nung siam leh lo thanglian a nih avangin.

Mi thenkhat chuan taksa chungchang sawi chhunzawm zel hi an ngaina hle-in sakna hmanrua te. Rannung protein "fully- balanced" leh "nutritious meals" te hian thlah tin te san zawng hi millimeter khat tlemte chauhin a tipung thei a nih chuan tunlai hian mihring san zawng hi metre engemaw zatin a pung tawh ang.

Mass-produced artificial vitamins te hi nutritional constituent angin an thawk thei ngai lo a, a chhan chiang tak chu mihring taksaa an luh hnu minute nga chhungin kan organism hnathawh chu a titawp vek thin a ni tawngkam dangin sawi ila, thihna thlengin min hnawtchhuak a ni.

Chaw ei tur pakhat chu vitamin bik emaw, nutritional constituent dang emaw awmna hmun anga ngaih chu thil hmuhnawm lo tak a ni.
Organic compound zawng zawng hi constituent inang deuh vek atanga siam an ni a, mahse an composition leh molecular structure a inang lo avangin an physical leh chemical property a inang lo. Chutiang chuan zu leh sugar te hi chemical element inang (carbon, hydrogen leh oxygen) atanga siam an ni tih chu mi zawng zawngin kan hria a, mahse an rawng, an thlum leh an hmel erawh a inang lo hle thung. Vawkte chu thlai chi khat emaw, buh chi khat emaw awmna bawm chhungah dah an ni a, ran vulhte chu thlai chi khat chauh an ei fo bawk. Mahse, heng thilsiamte hian an ei tur chi khat pek a\angin an protein, thau, vitamin leh mineral zawng zawng an hmu kim vek a ni.

Vitamin dik lo, antibiotics tichhe thei leh rulhut chi hrang hrang hmanga natna enkawl hi beiseina nei lo experiment a ni a, aetiological leh basic reasoning ni lovin, symptomatic, apparent leh contradictory data atanga siam a ni.

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Vitamin artificial engmah hian mei chunga hal natural vitamin-te balance mak tak chu a siam ÿha leh thei lo; poison engmah hian taksa peng leh gland chhe tawhte biological function pangngai chu a tidanglam thei lo; eng antibiotic mah hian kitchen-a natural antibiotics tihchhiat chu a thlak thei lo.

Rannungte hian an hliamte chu an chil chhak hian an tidam thin. An secretion leh saliva hi bactericidal property nei a ni. Mihring chaw siam chhuah (cooked-eating man) secretion erawh chu chutiang thil neih chu a nei lo. Raw-eater chuan thawkna kawng tissue-in a chhuah chhuah secretion agency hmangin khawsik na tak hlauhawmna chu a veng a, cooked-eater erawh chuan sputum leh saliva luang chhuak a siam a, mahse chu hlauhawm tak chu a la do thei lo.

Cooked-Eating Hun Hi Addiction, . Rinna dik lo leh Microbes te chu an lal ber a ni

Tunlai damdawi lam hi rinna dik lo awm lo tak tak (tangled net)-in a hual vel a ni. Damdawi lam hnathawh zawng zawng hi symptomatic, apparent, deceptive leh contradictory data-ah a innghat a, chutih laiin a pawimawh ber leh a bulpui ber chu theihnghilhnaah phum a ni thung. Hei hi FACTORY TIN THIL THLENG THIN THIL THAWN DAN THIL THAWN DAN CHU ENGINEER-IN INTEGRAL RAW MATERIALS A THIL AWM DAN UNIFORM SUPPLY AH A AWM VE ANG tih hi a ni. Hetiang a nih chuan MIHRING FACTORY-A INTEGRAL RAW MATERIALS CHU VEGETABLE CELL NUNG CHU A NI A, THIL DANG LO CHU A NI.

Technical lama hlawhtlinna tlemte a ruih avangin tunlai mi hian civilization zenith-ah a inngaihtuah a, a takah chuan mumang ang maia nun hmasa ber, pianphung ni lo leh rapthlak ber chu a zui zel thung. A tlangpuiin politics, economics, morality leh hriselna kawngah hian mihring rilru leh rilru put hmang chu thunun a ni a, a thiltih chu ruihhlo ngawlvei tenawm tak tak leh rinna dik lo tak takte chuan a kaihruai a ni. Nunna harsatna pawimawh ber leh bulpui ber berte theihnghilhin, mipa chuan thil pawimawh lo tak tak, thil pawimawh pahnihna chu an sawi uar a, zawhna pawimawh takah an chantir a, chutah chuan hun leh sum tam tak an khawhral a, an siam chhuak a ni

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hmêlma, thisen tuifinriat a luang chhuak a, khawvêl pum huap chhiatna leh chhiatna a thehdarh a ni.

Tun hmaa chanchin ziaktute chuan ram dang mi hnehtute'n an lak chhuah (imposts and tributes) chu rawng tenawm ber ber hmangin an ziak a. Tûn laiah chuan, state thuneihna an chan lai tak hian, mipa civilized leh enlightened anga ngaihte chuan an mimal addiction leh ambition tihhlawhtlin nan anmahni mipuite hlawh zawng zawng zaa 90 aia tam chu an laksak a, dan anga chhanna hrang hrang an hmang thung. Zuk leh hmuam, zu leh zu ni lo in tur, tea, cocoa leh coffee siam chhuah an fuih a, chung zawng zawng chuan mipui hriselna a tichhe vek a, chuta tang chuan sorkar sum lakluh a pun zel chu an chhuang hle a ni. Chutiang bawkin chhungkaw pa â chuan a fate'n pound khat an khawhral avanga a pawisa tlemte a hmuh leh, a pawi zawk chu an hriselna tihchhiatna man to tak avanga a sum hmuh chu a lawm hle thei bawk.

Tuna vitamin leh mineral pakhat zel chungchanga rawtna leh rawtnate hian rah chhuah \angkai tak tak a nei lo tih chu eng pawh ni se, thiltihtheihna zawng zawng nei ruihhlo ngawlvei duhnain a chêttîr a, mihringte ei leh in lama nunphung chu zawi zawiin a lo ÿhang chho zêl a, chu chuan a fuih a ni vitamin leh mineral tlachham ei tur hlauhawm siam chhuah.
Chawlh hahdam leh chawlh hahdamna tlemte pawh awm lovin, zuk leh hmuam, zu leh zu ni lo in tur, biscuit, sweets, ice cream, sausage, canned food, chhang var, margarine leh thil dang hlauhawm chi hrang hrang siamna factory a lo piang chhunzawm zel a ni.

Chûng zawng zawng chu an ni tin nun kalphungah chu chu finfiah tûrin an lo kal a ni mite chu common sense-in a kaihruai lo va, ei leh in ei mihringte tâna a bik takin, tichhe thei ruihhlo ngawlvei leh rinna dik lo âtthlâk tak takte chuan a kaihruai zâwk a ni.
He khawvelah hian zawhna pawimawh lo leh pahnihna, ngaihvenna tlemte chauh neia inngaihtuah pawl tam tak a awm a.
Tun a\ang chuan mihring civilized hna ber chu ruihhlo ngawlvei leh rinna dik lo, sawifiahna hrang hrang dona atana hmanhmawh leh thutlukna siama beihpui thlak hi a ni tur a ni. Hei chauh hi mihringin a tih theihna tur kawng bulpui ber a ni

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chu nun tam tak, thlamuang tak, nuam tak, hrisel tak, rei tak leh hlim tak, a duhthusam tawh chu a neih theih nan hlawhtling rawh.

Concrete proof chu ka mit hmuhah a awm. Raw-eating hmangin a ni lo ka nunna chauh ka chhanhim a, mahse, chutiang natna zawng zawng, min tihduhdah reng thinte lakah chuan ka chhuah zalen tawh bawk a, chu thih hmaa thihna rilru tibuaitu chu ka hnen atangin ka hnawtchhuak vek tawh bawk. Kum 61 ka nih laiin, chaw ei chingte hna an chawlhsan a, pension an nih chuan kum 25 mi tlangval hriselna, chakna, chakna leh chakna chu ka nei leh ta a ni. Thla tam tak chhung chu ni khatah darkar 16 chhung hna ka thawk a, hahna tlem ber pawh ka tawng lo. Chaw ei thiam nun chhung zawng chu ka nung leh ngei ang tih ka ring tlat a ni.

Mihring hian nung turin a ei tur a ni a, ei tur a nung tur a ni lo tih hi sawi fo a ni. Tunah chuan ei leh in hi a tum ber ni lovin thil tum pakhat anga ngaihte chu tute nge ni tih finfiah hun a thleng ta. Chutiang mite chuan ka entawn tur zui se, arena-ah ke pen la, thil tum inangah kut inzawm sela, mihring ruihhlo ngawlvei zawng zawng do la, mihring zawng zawng tan nun thar leh hlim tak kawng hawnsak rawh se.

He lehkhabu-a thupui sawihote hi kawngkhar khar hnuaia sawiho tur zawhna bik an ni lo. Mihring pum pui ngaihtuah tur thil an ni a, mi zawng zawngin an taksa raw material tak tak an hriat theih nan vantlang hriata ngaihtuah a ngai a ni.

Mahni leh an fate hriselna ngaihventu zawng zawngte mawhphurhna a ni a, an aw chhuah a, raw-eating principle dodaltute chu an sawiselna chu press-ah thehlut se an phut a, chutiang chuan ka neih theih nan chhanna dik tak pek theihna hun remchang a ni a, chutiang chuan mipui zahawm takte'n raw-eating thurin chungchanga rinhlelhna an neih chu tihbo theihna hun remchang a ni.

Appendix-ah hian a awm

Raw-eating chungchanga ka lehkhabu chhiartute chuan mimal leh ziakin min dil fo va, raw-eating diet bik chungchang chipchiar zawkin min zawt fo thin. Tunah chuan raw-eater hian zingkar atan programme bik a nei lo, .

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chawhnu emaw zan emaw ei tur. A duh hun hunah, a duh duh leh a ei duh zawngin a ei thin. Mahse cooked-eater-te chuan darkar bik leh chaw pek dan dan an thiam tawh avangin raw-eating system pawh hi dan thenkhat hnuaia tihfel an duh avangin chutiang chu ni rawh se. A chhungah hian harsatna bik a awm lo.

Mi pakhatin recipe chipchiar tak tak a siam chhuah theihna leh ei tur thar tam tak telh theihna tur menu hrang hrang ruahman theihna chu a phak lo tih chu a chiang. Tûn laia kan hmuh, chaw siam chi hrang hrang leh ei tûr chhe tawh chi hrang hrang chhiar sen lohte hi zawi zawiin, kum sâng tam tak chhûng leh mi sâng tam takte thawhrimnain a lo piang chhuak a ni.
Mite chuan a tâwpah chuan chaw pêk dân awmze nei ber chu raw-eating a ni tih an rin chuan, chaw chi hrang hrang thlum tak takte chu zan khat thil thuah, sawi theih lohvin, an lang chhuak ang.

Chaw siamna atana a hun hman ÿhin zinga kar tlemte chu a hmang a nih chuan, in neitu tinte chuan kan duhzawng angin, kan ei tur raw tam tak inzawmkhawm hmangin chaw thar mak tak tak chi hrang hrang tam tak an siam chhuak thei ang tin, chutianga a tih chuan general menu pawh a tihausa bawk ang. Mahni chhungkua ngei pawh entawn tur i la ang u.

Trial engemaw zat ka neih hnuah chuan ei tur chi hrang hrang, buhfai, pulses, potato, aubergines leh marrows te, ei tur ngawlvei te chuan a raw consumption chu thil theih loh anga an ngaihte chu a zat hrang hrangin an pawlh a, an duh angin salad thlum tak tak an siam thei tih thutlukna ka siam ta a ni sa addict rintlak ber pawh.

Wheat, lentils, chickpeas, beans, etc. te chu tui tam takah kan hnim a.
Ni khat emaw ni hnih emaw chhunga an lo chhuah tan chuan tui thianghlim hmangin kan silfai thin. Tichuan he tui hi kan paih chhuak a, bêl chu khuhnain kan khuh a, hmun lum takah kan dah a ni. Hetiang dinhmunah hian ni thum emaw ni li emaw chhung ei theih an ni. Raisins, walnuts, dates leh ei tur dang tam tak nen pawh ei theih a ni a, salad hrang hrang nen pawh an inhmeh thei bawk.

Salad siam kan duh chuan mincing-machine hmangin wheat, lentils, etc. kan pass a, potato leh carrot te chu fine takin kan grate thin

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grater zawk; tichuan cucumber, tomato leh onion te chu chemte hmangin slice te tein kan tan a, green pepper leh green vegetables chi hrang hrang kan shred bawk.

Tunah chuan kan pawlh vek a, olive oil raw, lemon tui thar leh spring water thar tlem kan dah tel bawk. Mi pakhat chuan walnut, raisins, dates, leh a dangte pawh a dah tel thei bawk. A thil tel zat (relative quantities) chu mimal duh zawngah a innghat a ni. Thlasik lai chuan chutiang salad iced ei chu a nuam hle.

He salad siam dan hi a bulpuiah la ila, green chi hrang hrang leh thlai chi hrang hrang, spinach, lettuce, aubergine, beetroot leh, a tlangpuiin hmangin salad chi hrang hrang tam tak, a thlum leh a lan dan hrang hranga siam theih a ni , kan thlai huan hian eng pawh ni se, mahse salad-a thil pawimawh tak takte chu buhfai, pulse leh potato te hi a ni.

He salad hi mihring zawng zawng ei tur bulpui a ni tur a ni. He nutriment hi mi hausa leh mi rethei tan pawh chawmna famkim ber a ni a, hriselna pe thei, tichaktu, satisfying, nutritious leh man tlawm tak a nih avangin a thatna a nei a ni. Nun rei leh hrisel tak neih theihna tura thil pawimawh zawng zawng awmna dish a ni. Natna zawng zawng laka prescription a ni. He chaw hi plate khat khat, thei tlem te nen a inzawm chuan mipa nitin mamawh phuhruk nan leh chutih rual chuan natna chi hrang hrang laka invenna tha ber pe thei turin a tawk khawp mai.

Variety thenkhatte relative dearness ngaihtuah chungin thlasik laiin thei tlemte zingah chuan mi ÿhenkhat chuan chutih hunah chuan raw-eating chu a man a to zawk ang tih an ngaihtuah a ni. Raw-eater chuan kum khat chhungin thei thar tih loh chu engmah a ei tur a ni lo tih an ngaihtuah a. Hei hi a dik lo tih chu a chiang. Chaw lian tak chu thei tam tak hmanga ei zo mi an awm. Chutiang mite chuan chu thei chu an ei tlangpui chhang a\anga a \hen chauh nen an ei chuan (mahse, buhfai raw form-ah chuan, a dik e), an lungawi kim vek ang. Chutiang chuan chaw chhum, tea, pastry leh ei tur chhe tawh chi hrang hrang siamna senso leh harsatna pawh an humhim thei ang.

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Chaw thenkhat, buhfai, walnuts, root vegetables te chu kum khat chhunga season zawng zawngah hmuh tur a awm a, a man pawh a inthlak danglam tlem hle. Chu bâkah, thei tharte chu a hun laia hman ÿangkai theih a ni a; chutiang chuan mulberry a tam chuan mulberry kan ei tam thei a, chutiang bawkin grape leh thei dangte pawh kan ei thei bawk.

Thlasik lai chuan naturally-dried thei chi hrang hrang tam tak chu tui lum takah an hnim a, raw compote-ah an chantir thei a, nuam ti takin an ei thei bawk. He compote-ah hian nut, pistachio, sprouted wheat, cardamom emaw vanilla powder emaw, etc. kan dah tel thei a, raw compote hi a man tlawm ber a ni a, chutih rual chuan thlasik lai chuan ei tur tui ber a ni bawk.

Walnut, almond, pistachio leh hazel nut te hi a pianphung anga ei bakah, thei hring dang nena chawhpawlh kan ei bakah hian kan grind a, chi dang hrang hrangah kan hmang thei a, a nih loh leh raw vegetable hotchpotch emaw compote chi hrang hrang nen kan pawlh thei bawk. Raw-eater confection nuam ber chu "Halva" emaw walnuts, almonds emaw pistachios emaw sa thlum tak hi a ni. Chungte chu an hmin a, a thlum angin cardamom, vanilla emaw saffron emaw nen an spiced a, square te tein an cut thin. He Halva hi thlai chi hrang hrang nen chuan tui takin an ei thin. Lettuce hnah-ah dahin sandwich chi khat angin ei theih a ni. Tui lemon tui thar nena chawhpawlh hi naupangte hnena pek theih tur in tur tha ber a n

Thutawp atan chuan chhiartute chu a very dinhmun pawimawh tak, ngaihtuah reng tur a ni. Raw-eating food addict-te hian harsatna chi hrang hrang an tawk thei a, chu chuan raw foodstuffs hian an tan a tichhe thei a, a tichak lo emaw, a ti na emaw tih ngaihdan a siam thei a ni. Dietetics-a ngaihdan dik lo leh chhiatna thlen thei zawng zawng hi chutiang ngaihdan langsar leh inhnialna atanga lo chhuak a ni tih hriat reng tur a ni. Chuvangin, pawn lam chhinchhiahnate chu hna chanve tihfel tawh chhuahsan chhanna atan a tangkai ngai lo vang. A tawp bera result nghah a ngai a, chu chu kar engemaw zat emaw, thla engemaw zat emaw a la ngai thei. Mahse chaw chhum chu a chang chuan raw nutriments nen an inhmeh a nih chuan, chu result chu a tlai hle thei a, a hlawk lo emaw, a lang lo emaw pawh a ni thei.

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An lungawi lohna chu tihdamna (curative reaction) tih loh chu engmah a ni lo va, an dodalna an lantir avang hian natna hriat leh hriat loh zawng zawng lakah an inthiarfihlim thei dawn a ni.

Chutiang harsatna zingah chuan a rei ber chu, a duhthusam hi a ni ngei ang chaw chhum a ni. Mahse, chutiang dinhmun hnuaia "riltam" hriatna rilru put hmang chu cell pangngai emaw, hrisel emaw chuan a tichak lo va, cell chhe tawh, hmantlak loh leh thawk thei lo leh taksaa rimchhia awmkhawmte hian a tichak zawk tih hi hriat reng tur a ni ÿawng danga sawi chuan, chu natna hrik tichhetu natna ngei hmangin. Chuvangin, chu "riltam" tih hriatna chu tuar chhuak leh dodalna hmang chiah chuan chu rulhut te chu kan tibo thei ang a, cell hlu tak tak awmna chu kan paih chhuak thei ang a, active cells complement tul tak chu kan siam thei ang a, malsawmna zawng zawng atan vawi khat kan him thei ang hriselna tha tak. Chu "riltam" chu darkar tin kan tuar chhuah hi natna dona kawngah hnehna a ni.

Tehran, kum 1963 khan a lo piang a

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PART hnihna

Mihring Thilsiam Siam Dan

He lehkhabu-a thupui ka sawihote hi harsatna bik (specialized problem) a ni lo. Mihring pum pui khawih thei zawhna an ni. Taksa nei leh nung zawng zawngte an nghawng a; hmui nei leh ei zawng zawngte an ngaihtuah a ni. Chuvangin, ka thuziak chu ka chhiartu tam zawk hriatthiam theih loh scientific details leh indigestible terminology hmanga ka ziah kha tikhawlo lovin, a theih ang anga ÿawng awlsam thei ang bera ziak ka tum fo thin. Ka -argument-ah hian laboratory-a thil famkim lo hmanga data hmuh chhuah tam tak, langsar leh inhnialna tam tak emaw, a pawi zawk chu, chutiang data atanga ngaihdan dik lo awm emaw chu ka ring lo. Ka rawn tarlan finfiahnate hi thilsiam dan hnial theih loh leh chutiang thutlukna tlangpui chu basic-in a hmuh theih ang chite hi a ni

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thil tawn, leh chu chu 'khawvêl kil tinah mi mal tinte'n awlsam taka an finfiah theih leh an finfiah theih' a ni.

A nihna takah chuan raw-eating ngaihdan hi a awlsam em em a, sentence chiang tak pahnih hmanga sawifiah theih a ni: mihring taksa siamtu pawhin a inmil raw materials a siam bawk a chu raw materials chu a pum puiin taksaah kan thlen a, tihdanglam lovin, mihring thil nung chuan natna engmah lakah a thihpui lovin a dam chhung zawng zawng a zo vek ang.

Chu sentence pahnih awmzia dik tak hrethiam thei tur leh a tul anga ngaihtuahna leh ngaihtuahna pe thei tur khawpa mit fiah tak chuan tûn lai mipa ei leh in kalphung chu eng dinhmun lungchhiatthlâk takah nge a nih tih chu awlsam takin a hre thei a ni. Kum zabi tam tak kal ta atang khan mihring natna dona kawngah pawh mihringte hian chutiang hmanrua dik lo leh hlauhawm tak takte chu an hmang tawh tih chu awlsam takin a hmu thei bawk a, chu bâkah, chu hmanrua zawng zawng chuan natna thlentu bulpui ber nêna inzawmna tlemte chauh a nei tak zet a ni .

Kum tam tak uluk taka zir leh mimal thil tawn bulpui tak tak ka neih hnuah vawiinah hian ka have no doubt whatever that the natural system of nutrition hian mihringte chu natna chi hrang hrang lakah a chhuah zalen mai bakah mihring tinte tan remna, hlimna leh thlamuanna nena khat nun rei tak mak tak a pe bawk.

Tunlai mipa nun hi mumang rapthlak tak a ni a, sual, ruihhlo ngawlvei leh thil tha lo chhiar sen lohin a rawn nuai a ni. Dik tak chuan, mihring thiltih sual zawng zawng kimchang taka sawifiah theih nân, a chaw ei dân dik lo chipchiar taka chhiar chhuah nân, a nungchang tihchhiatna râpthlâk tak takte chu minute khata târ lan a, a tâwpah chuan pakhatin a târ lan theih nân volume sâng tam tak luah khat a ngai dâwn a ni pakhat chu chutiang sualte dona kawng dik lo hrang hrangte chu a ni. Mahse kan hmaa buaina hmasa ber chu mipa tinin natna lo pian dan leh chu natnate chu vawi khat atan tihbo dan tur radical tak chu eng nge ni tih chiang taka hriat hi a ni.

A hmasa berah chuan kan organism hi engtin nge a awm tih hriat a ngai a ni constructed leh nutrition chu eng nge a nih tih te.

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Kan hriat angin kan planet-a nunna hi cell pakhat nei thil nung angin a lo lang hmasa ber a ni. A hnuah chuan chu taksa pakhat zel (unicellular body) te chu thawhhona tha tak neiin grouping hrang hrang an siam a, multi-cellular organisms an lo piang ta a ni. Hun kal zelah cell tlemte thawhhona hmasa ber chu cell maktaduai tam tak awmna thil nung piang chhuak thei khawpin a lo thang lian a ni.

Cell pakhat zel hi a takin thil nung (complex organism) a ni a, mahse chutiang chu organisms te hian an hmasawnna stage hrang hrang an nei a. Unicellular organism hmasa ber berte chu elementary structure nei ber amoebae an ni a, tuiah hian thil tum hriat lohvin an kal kual vel a ni. An hna awm chhun chu ei tur zawng, ei, ei leh in pahniha inthen awlsam tak hmanga tihpun a ni.

An rudimentary digestive organs an nei a, chu chu hun kal zelah a lo thang zauh zauh a. A hnu lamah chuan chu cell-te chu an inzawm khawm a, multi-cellular organism an siam ta a ni. Phên dangin sawi ila, an thil tum nei lo nun, mimal ngaihdan (detached individualism) chu kalsanin, thawhhona nunah an kal ta a, chutah chuan cell tin hian thawhhona (aggregate pattern of collective activities)-a hnathawh tur bik an nei a ni.

Mihring hmasa, a hmaa mimal nun (individualistic life) kha khaikhin rawh inbiakna dik tak pawh a ni thei a, tunlai hnam ropui tak takte co-op nun nen, mipui pawl hrang hrangte thawhhona nen. Mahse tunlai kan khawtlang hmasawn takah pawh hian hun hmasa lama kan pi leh pute rilru hah tak takte hriatrengna tur thil tangkai lo, â, parasitic leh criminal character kan hmu mai thei. Mahse, chutiang thilsiamte chu mipa talent leh fing mak tak takte nên an khawsa dun a ni.

Mihring taksa pawh chutiang bawk chu a ni a, chutah chuan hmantlak lo, parasitic cell-te chuan an hmasawnna dinhmun hmasawn ber berah chuan cell tangkai tak takte bulah an awm chhunzawm zel a ni. Mihring taksa hian a pawl leh dinhmun hrang hrang a nei a, chu chu glands, organs, systems, leh a dangte tia vuah a ni. Chu taksa peng leh system-te chuan an hnathawh chu specialized cell pawl bikte a ruala thawhrimna hmangin an thawk a ni. Hriat tur ngaihnawm tak chu heng specialized cells te hian an hnathawh bik chu special instruments leh...

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pawn lama hmanrua siam; chu ai chuan anmahni pakhat zel chu an insiam dan zawng zawng kaltlangin factory buaithlak takah an chantir zawk a ni.

Chutiang chuan, kal siamtu cell-te chu thisen chhuahna leh filtering hmanrua bik pek an ni a, chu chuan thisen a\angin an inthen a, zun nen chuan thil nung tana chhiatna thlen thei bawlhhlawh leh rimchhiate chu an paih chhuak a gland-a cell-te chuan intercellular fluid (chu raw material chu ei tur siamah a hnuhma a awm lo) a\angin raw material mamawh chu an la a, hormone-ah an chantir a, taksaah an pe chhuak a taksa peng cell-te hian taksa chetna leh mechanical hna rit tak tak thawk thei tur contractile power bik an nei a; a tâwpah chuan, nerve cell-te chu fiber yard tam tak hmanga chakna pe a ni a, chuta ÿang chuan thluak thupêk chu taksa pum puiah a thawn chhuak a ni. Chuvangin mihring taksa siamtu cell tinte hi a ÿhenawmte nena an hnathawh dan inang lo tak, nail, sam, ruh, ruh leh gland cell atanga thluak cell thlengin, structure bik factory buaithlak tak an ni.

Ringhlelhawm lohvin a famkim a nih chuan a ngaihnawm hle ang cell awm dan leh a chhunga thiltih leh kalphung zawng zawng awm dan hriatna. Mahse thilmak eng emaw hmangin mihringin cell-te thuruk thup zawng zawng leh an hnathawh chi hrang hrangte chu a luhchilh thei a nih pawhin, chu chu sawifiah nân volume sang tam tak chauh ni lovin, bu maktaduai tam tak luah khat a ngai ang a, chutih laiin keini chuan nunna sâwm leh pahnih kan mamawh ang thuziak zawng zawngte chu a tlem berah hmuh theih chauh a ni.

Mi inchhuangtu thenkhatin an sawi lan dan nen a inkalh takin, mipa heng zawng zawng chungchangah hian thu hriat tur a nei tlem hle tak zet a ni. A zirlai hmasawnna apiangah chuan a hriatna a neih theih chu a hnen atanga thup la awm zinga a tlem ber a ni tih a ring zual tur a ni. Mahse, technical lama hlawhtlinna tlemte a ruih avangin tunlai mi hian science lama famkimna sang ber laiah a inngaihtuah a, engmah phalna leh daltu awm lovin chu thilmak thilmak, mihring thil nung chu a duh angin a tichhe ta a ni. Dik tak chuan, a naive takin a inngaitlawm em em a, a hlauhawm ber ber hmangin

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contrivances and by even more terrible poisons chuan chu organism-a lo lang tawh natnate chu siam\hat tumin desperately insane EXPERIMENTS a nei \hin. Dik tak chuan tun thlengin EXPERIMENT, EXPERIMENT LEH STILL MORE EXPERIMENTS hmangin engmah tih a la ni lo. Chu bâkah, chutiang experiment chu ran rethei, invenna nei lote chungah chauh ni lovin, a taksa ngeiah te, a fate duh takte chungah te, mihring zawng zawng chungah te pawh a siam a ni. A THIL THLENG THIN DAN A HMUH LO.

Mahse, thudik hnial theih loh chu kan ngaihtuah reng tur a ni: darthlalang pangngai hnathawh dan hriatna mumal nei lo mi chuan a siam that ngai lo tur a ni, a kut zungtang kal dan dik lo awlsam tak hmanga mechanism pumpui chu a buaithlak hlauh vang a ni. Tunlai scientist-te'n mihring thil nung chunga experiment an neihte hi hnathawktuin ni engemaw zat factory-a hna a thawh hnua a machinery-te ÿhiah a, a dah khawm leh tumna rilru nei lo thiltih nen tehkhin theih a ni.

Natna khirh tak a awm chuan a tidamtu chu nature a ni fo thin a, mahse a tihdamna chu damdawi hman tangkai vang a ni an ti a, chutih laiin damdawi pek a nih avanga natnain thihna thlen thei kawng tam takah chuan thihna chu natna pianphung atanga lo chhuak niin an sawi fo thin. Natna khirh takah chuan damdawi hian dan angin a natna a tizual a, thil nung chu a tichhe tih hi sawi uar a ngai a ni.

Tichuan, mipain a taksa peng hrang hrangte chu mumal lo taka hna a thawh ÿan hunah eng nge a tih ang? Engineer-in a factory-a thil chi hrang hrang zawng zawng chipchiar zawng zawng, screw hnuhnung ber thlenga a hriat ang bawkin khawvelah hian mihring thil nung chipchiar zawng zawng hre chiangtu an awm em? Ofcourse a ni lo. A chunga ka sawi tawh ang khan eng mechanism pawh siamthat hna hi chu specialist, machine pek tawh zawng zawng then hran a, dah khawm leh theihna thiamna leh theihna neitu hnenah chauh dah theih a ni. Mahse mihring hian a taksa ngei chungchangah hian he thil tum hi hlen chhuah a va hlat em em!

Chuti a nih chuan mihring hian eng dinhmunah nge a tih tur? A kut a phar a, a chanvo duhthusam (fickle caprices)-ah a inhnukdawk tur em ni, a nih loh leh a inhnuhdawh tur a ni em

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rulhut thar siam chhuah chhunzawm zel leh chutiang hmanga experiment rilru na tak tak an tih avang chuan chhiatna nasa tak a thlen em? Pakhat emaw, pakhat emaw pawh ni lo. Vanneihthlak takin mihringin natna zawng zawng atanga a chhuah theihna tur hmanraw awlsam leh super easy tak a awm a.

Engineer-in factory a siam hian, Mathematical hmangin calculations chuan chu factory atana hmanraw mamawh zawng zawng quality leh quantity a ruat a, chubakah a machinery hman leh enkawlna atana fimkhur tur a ruat bawk. Chumi hnuah chuan factory pek tawh hnathawh hun chhung chu a guarantee a, a thupekte chu uluk taka kalpui a nih phawt chuan.

Nutrition chu eng nge ni?

Engineer zawng zawngin detailed calculation an siam ang bawkin specify the raw materials essential for the factory that he has designed, chuvangin computation dik ber hmangin Nature mak tak chuan Mihring telin rannung zawng zawng tana raw materials tul tak tak a siam chhuak ta a ni.

Factory pangngai siam kan duh hian a hmasa berah chuan building \ha tak kan din a, chutah chuan machinery mamawh zawng zawng leh dynamo chu kan dah a, a tawpah chuan factory-in a siam chhuah tan theih nan a mamawh fuel kan pe a ni leh raw materials te a ni. Tunah chuan mihring thil nung hian a siam dan chu a buaithlak hle a, a raw materials chu a inmil tawk em em a, thil tam tak atanga siam a ni.

Chu lam hawi chuan nature hian hna ropui tak a thawk a ni. A hmasa berah chuan cell-te insiam dan awlsam tak atan chuan in sakna hmanrua awlsam tak tak a buatsaih a, chu chu cell chi hrang hrang a zirin a inang lo. Chutiang chuan sam cell-te chuan in sakna hmanrua chi khat an mamawh a, nail-a cell-te chuan chi dang an mamawh a ni. Chutiang bawk chu taksa ruh, gland, nerve leh a dangte cell-ah pawh a ni. Mahse chutiang structure awlsam tak cell-te chuan tun thlengin hlawkna an la nei lo; tunah chuan an zînga pakhat zel chu an hnathawh bîk nêna inmil hmanraw dik tak pêk an ni tûr a ni a, chu mi atân chuan in sakna hmanrua dang a la ngai a ni. A tawpah chuan,

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chu cell-te chu chakna pek a ngai a, gland-te hnathawhna atana hmanraw mamawh tak tak pek a ngai bawk.

A providence hlawhtling lo tak hmang chuan Nature chuan chu zawng zawng chu a khawl khawm vek a ni materials, a zat chu sang tam tak a tling. Chu thil siamte chuan a zat dik tak an nei vek a ni. Chutiang chuan thil chi khat chu gram sangkhat kan mamawh thei a, chi dang pakhatah chuan gram khat chauh, gram sangkhat hmun thuma ÿhena hmun khat chauh kan mamawh thei a ni. Hei hi factory zawng zawnga operative rule a ni. Chu thilte chu a zat ruat lawk angin cell-te kutah awm reng a pawimawh hle. A bik takin, aggregate collection-ah hian pakhat mah a awm loh nan fimkhur bik a ngai a ni.

Mi tin, mi thiam leh mi awlsam, hausa leh rethei zawng zawng hi mahni taksa neitu awmchhun leh chu thilmak tak khawvel chhunga galaxy-te mawhphurtu director awmchhun an ni.

He Leia thil nung zawng zawng, from an Ant or a Sparrow to the Elephant, chu aggregate collection chu hre chiang la, an ei leh in mamawh atan hmang tangkai rawh.

Thil mak tak mai chu, civilization lo pian tirh atang khan mihring chauh pawh hian khawvel zau takah hian amah chauhvin a awm a, a hriatnate chu a chhuahsan a, amah ngei pawhin a hriselna atana pawimawh tak tak thilte dik tak chu a hmu lo vek a ni. Chuvangin a laboratory leh research workshop-ah zan tin a thawkrim a, test leh experiment chi hrang hrang a ti a, thil inang chiah chiah pakhat hnu pakhatin a hmuchhuak a, a factory-ah rang takin a siam chhuak a, hming mak tak tak a siam a, box leh bottle-ah a dah lut thin , khawvel hmun hrang hrangah a theh darh a, chutiang chuan miten an ei a, riltam an awm loh nan. Tin, heng zawng zawng hi science an ti bawk.

An thil tih hi hre loin scientist-te chuan an rawn pen lut ta a ni nature dodaltu arena chu a ni. Ruihhlo ngawlvei mitdel, chu mipa te chuan kum maktaduai tam tak leh maktaduai tam tak kalta leh chhut dik ber hmanga kan nu Leilung hian a Providence-a a rawn hruai khawm a, thing leh mauah a inzawm khawm a, a pum pui a luah khat ta tih an hmu thei lo

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khawvel chu chutiang nutritive tak tak constituents an hriat tan chauh, pakhat hnu pakhatin an nei a ni.

Khawvela thil nung zawng zawng hi a atanga lo chhuak vek an ni pi leh pute inang an ni a, mahse hun kal zelah evolutionary direction hrang hrang an zawh ta a ni. Mihring leh rannung dangte taksa leh taksa inthlauhna hi a bulpui berah chuan a tlem hle.

Mihring ang bawkin, chu rannungte pawhin thinlung, lung, thin, kal, thisen, ruh, thluak leh a dangte an nei a. An taksa peng hrang hrangte hian mihring taksa peng hrang hrangte mamawh ang chiah nutritive constituents an mamawh vek a ni. Research biologist-in a tihsual lian ber chu chutiang thudik leh data tlangpui rinchhan ai chuan, a thluak a tikhawlo a, a rilru a tibuaiin, harsatna pahnihna, thil tenawm leh inhnialna zawng zawng chhuinaah hun leh tha tam lutuk a khawhral hi a ni as are at his disposal leh a hriatna chu a bulpui ber experiment hmanga result a hmuhte a\anga a innghat a ni.

Kan hriat tur chu, rannung pakhatin ramngaw chhunga thing atanga hnah "paltry" a lak chhuah hian chu hnah "simple" tak ei hmang chuan a thil nung mamawh zawng zawng a phuhruk vek a ni. Chu hnah pakhatah chuan nature chuan chu rannung taksaa cell thar siamna atana thil tul zawng zawng chu a dah khawm vek a; chu cell-te chu thliar hrang tûrin, chawm tûr leh chakna pe tûrin, a tâwpah chuan gland-te tâna raw material pawimawh tak tak pe tûrin.

A tawi zawngin, chu hnah chuan fully-balanced raw materials for rannung thil nung (organism) te; Chu hnah chu rannung tan chuan NUTRIMENT dik tak a ni.

Raw Vegetables chi hrang hrang zawng zawng hi Essentially of the Constituent inang chiah chiah

A chunga rannung hian chu hnah tih loh chu ei tur a hmu thei lo va, chu ei tur chi khat chu thla tam tak emaw, kum tam tak emaw chhung chu a eizawnna tur a nih chuan, a thil nung chuan chutiang tur chuan vitamin emaw, ei tur dang emaw a tlachham tih a hre lo vang. A danglamna a awm lo if

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thing hnah aiah chuan thlai dang engemaw zat a nei a ni.
A pawimawh ber chu a ei tur chu NATURAL AND INTACT a nih
vang a ni.

Sakawr emaw, sabengtung emaw hmaa ran chaw tehfung an dah hian, rannungte pawhin mihring ang bawkin an mamawh tih chu kan hre chiang hle nachungin, protein emaw vitamin emaw zat chu rannung tan chuan a tawk lo mai thei tih ngaihtuahnaah an lungngai ngai lo vitamin chi hrang hrang, mineral leh nutritive constituent dangte.

Rannung chi hrang hrang sang tam takte kuta ei tur thlan tur chu a tlem em em a, an ei duh ber tur thlan leh thlan theihna hun remchang an nei ngai lo tih chu mi zawng zawngin chiang takin an hmu thei a ni. An chhehvela ei tur tlanglawn chi hrang hrang tlemte chauh hmanga khawsa an phut a ni.
Chuti chung pawh chuan an zingah hian avitaminosis emaw, ei leh in lama harsatna dang emaw vei pakhat mah kan hmu thei lo.

Chu rannungte ei tur chu i luh chuan...
biologist-te laboratory-ah an dah a, chung zinga pakhatah chuan thil chi hrang hrang, quality leh quantity hrang hrang an hmu ang. Chutah chuan thing pakhatah hian protein tam tak, thau tam tak leh vitamin pakhat emaw, a dang emaw a tam em em tih an hrilh ang che. Chutiang chuan plant tinah chuan an hmuh theih constituent 10-15 vel an chhiar chhuak ang a, an zat chu uluk takin pakhat hnu pakhatin an ruat ang. Thei hausa ber berte pawhin an hmuhchhuah hlawhtling constituent zat chu khauh takin tihtlem a ni. A nihna takah chuan, hei hian chu ei tur pakhat zel chu an hmuh chhuah constituent sawmhnih vel chauh a ni tih a finfiah lo va; chu ai chuan, an technical skill leh resources te chu a kimchang taka zirchian leh, nature's laboratory-a lo awm khawm, thlai taksa pek chhuah piang chhuak zawng zawngte chu qualitative leh quantitative-a hriat theihna turin a tling tawk lo hle tih a tilang zawk a ni
Chu chu ei tur bik takah chuan chutiang constituent chi tlemte chauh chu an hmuchhuak thei tihna a ni a; a bak zawng chu an lakah thup bovin an awm ta a ni.

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Hei hi a chhan ber chu thil hmuhchhuah a nih vang a ni

by biologists te hi chu thlai chi hrang hranga thil siamtu bulpui ber an ni lo va, thlai chi hrang hranga chi hrang hranga lang compound an ni. Ran taksa chhunga an luh chuan chu compound te chu an inthen darh a, an siam leh a, chutih lai chuan thil nung mamawh ang zela compound thar siam a ni.

RANSIN A EI THLAI ENGKIM
BASIC CONSTITUENTS ENGTIN NGE KAN SIAM THIN

A bulpui berah chuan thlai zawng zawng hi thil chi thum lian tak tak atanga siam a ni. Chumi zinga pakhat chu tui a ni a, chu chu kan hriat chian vek a ni. Tui tel lo chuan kan nung thei lo tih kan hria a, kan hriat tui thianghlim ber leh him ber chu thei leh thlai chi hrang hranga awm hi a ni tih pawh kan hre reng mai thei. A dawtah chuan roughage a rawn lang leh a. Hei hi thlai taksa framework siamtu substance a ni a, chu chuan form leh firmness a pe a ni. Roughage hi rannung taksa peng hrang hrangah a chhe lo va, a insiam khawm lo va; taksa atangin bawlhhlawh angin hnawhchhuah a ni. Mahse, ran ei leh in atana thil pawimawh tak a ni. Roughage awm lo va, rannung ei tur chu a chhe vek a, a assimilated vek a nih chuan intestines hian engmah hnawhchhuah tur a nei lo ang a, hun kal zelah a hring chhuak ang a, a vawt ang. Mahse, mak tak maiin, mi tam tak chu an mitthla lo hle a, roughage chu "indigestible" anga ngaihin, tumruh takin an ei tur aÿangin an paih chhuak a, chu chu mihring zawng zawng deuhthaw hian constipation an tuar a ni. Phên dangin sawi ila, constipation thlentu ber chu ei leh in-a roughage awm loh vang a ni. Mahse sawiho mek thupuiah hian kir leh ila, thei leh thlai chi thum zinga a hnuhnung ber chu nutriment ngei hi a ni a, chu chu organism-in a ei kim vek a, a assimilate vek a ni.

Thlai chi hrang hrangte inthlauhna pawimawh tak chu chu thil chi thumte zat inang lo a\anga lo chhuak a ni.

Chutiang chuan, common grass leh thei inthlauhna ber chu a hmasa zawkah chuan roughage a tam zawk a, thei erawh chu roughage tlemte chauh a ni a, concentrated nutriments tam tak leh tui tling tak a awm thung. A chhan chu a structure bik a ni

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an chaw ei theihna leh an ei leh in theihna, ke li nei te hian thlai chu an tikehsawm a, an chil thei a, a chhunga ei tur awm tlem te chu an la chhuak thei a, a bak chu an taksa atangin an hnawtchhuak thei bawk. Hei hi rannung thenkhatin dry hay emaw straw emaw atanga ei tur an hmuh theih dan a ni a; sanghawngsei chuan thlaler hnim hring chungah nunna a chhawm nung thei a, sabengtung chuan thlai hring ber berte chungah nunna a chhawm nung thei bawk.

Chuta tang chuan thutlukna pawimawh tak chu kan siam thei a, thlai zawng zawng hian rannung nungchate chhawmdawlna atana ei tur mamawh a nei vek a, thlai thenkhatah chauh hian a darh zau zawngin a lang a, thenkhatah chuan a tam hle a ni. Natural foodstuffs zingah chuan a nutritious ber chu walnuts, almonds, grains, pulses, potatoes, carrots, bananas, grapes leh thei dang zawng zawng te an ni a, chu mi hnuah chuan zung dang, herbs leh greens te an lo awm a ÿawng danga sawi chuan, mihringin ran dang kâ aÿanga a lak chhuah, amah ngeia a hman tûr ei tûrte ngei pawh hi. Mahse, raw-eating chungchanga zawhna chu sawihona atana a lo chhuah apiangin, chu pa vek chuan zah lo takin a chhang let thin: "Engtin nge chaw chhum tel lovin ka in chawm theih ang?" Thusawi zahthlak zawk chu khawvelah hian hmuh theih a ni lo va, mahse vanduaithlak takin ruang ei ruihhlo ngawlvei hian mihringte chu a mit a tidel em em a, a nihna takah chuan mi tam zawkin an chhan dan pangngai a ni. Experience tul nei lote chuan chu thilte chu eng ang taka hausak leh ei tur tha tak nge a nih tih leh kan nitin mamawh phuhrukna atana mamawh zat a tlem zia chu an hre thei lo. Keimah ngei pawhin thutak ka thlen theih nan kum tam tak ka hmang a. Mahse he thu hi a hnuah ka sawi belh leh ang.

Thing rah a concentrated state-a awm nutritive constituents te hi a hnah, a hnah leh a hnah ah te pawh a darh zau lo hle bawk. Giraffe ang rannung lian tak chuan thing hnah ei hmangin a chawm thin. Thing hnah te tak te chu thing dang chungah an phun chuan a hnah a chhuak a, a tâwpah chuan a rah chu a pe chhuak ta a ni.

Hei hian bud-ah hian thei chi khat siamna atana pawimawh elementary constituent zawng zawng a awm tih a tilang chiang hle.

Tunah chuan, chu elementary constituent te chu engte nge ni? Anni hi atom te an ni a, chemical hmanga then theih loh particle te ber anga ngaih theih an ni

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chemical inthlak danglamnaah tel thei element pakhat, leh molecule, a tlangpuiin awmna hran kaihruai thei element emaw compound emaw a particle te ber berte a ni. Ei theih thing zawng zawng hi element inang deuh vek a ni a, chu chu a proportion leh arrangement hrang hrang avang hian compound hrang hrang siam a ni a, a pianzia, a rawng leh a thlum a inang lo. Chu bâkah, clove leh beram chu a inang chiah chiah a ni. Beram pum chhunga a luh chuan clove chu a molecular structure a thlak a, beram a lo ni ta a ni.

Thei leh mihring inkarah pawh hetiang chiah hian inmilna a awm a.

Thlai leh ran nunna zawng zawng hi chatuan inthlengna mai loh chu engmah a ni lo leh atom hrang hrangte circulation te a ni. Hetah hian thilmak ropui tak leh thilsiam chuan a insiamrem a ni. Pin lu aia lian lo minute khat grain leiah kan paih lut a. Tlemte hnuah zawi zawiin a lo chhuak a, chutah chuan a hnah leh hnah a chhuak a, a hun takah rah a chhuah thin. A hnuah chuan bawng, sakawr emaw mihring emaw-ah a inthlak a, chu chu hun engemaw chen he khawvel hi a vak kual a, chutah chuan a atom te chu Leiah a rawn kir leh thin. Chutah chuan ni êng nung thei tak hnuaiah chuan chu atom ngeite chu an lo harh thar leh a, nunna thar an thawk chhuak a, vawi khat chu thing leh mau inangah an chantir leh a, thil siam cycle tawp nei lo chhunzawm zel turin.

Mahse thil nung a hrin theih nan chuan thlai taksa chu a famkim a, a nung a ngai a ni. Chu bâkah, ei tûr chu nung mai mai a nih chuan engti kawng mahin a tawk lo va; thlai chaw tha ber chu ACTIVE a ni tur a ni a, DORMANT LO tur a ni.

Hun rei tak chhunga thil tawn atang khan cage birds te hi an lungawi lo tih kan hmuchhuak a chi hring chauh a ni. An thlai hring nen chuan ei tur thar engemaw zat an mamawh bawk. Chu chi chi hrang hrang emaw, ei tur thar emaw chu a pawimawh vak lo. Thlai chi emaw, buh chi emaw chi hrang hrang thlan a, thlai rah thar chi hrang hrang hmanga tihpun a nih chuan chaw ÿha famkim a awm thei.

He thudik hian thutlukna pawimawh takah min hruai a, ei tur famkim ber chu a lo vawt deuh hnuah pawh a famkim tawh lo. Tichuan

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engtin nge oven, kitchen leh machine ri bengchheng tak takte hmui atanga lo chhuak thilte chu ei tur atan kan ngaih theih ang?

Chuti chung pawh chuan rannung nungchate hian thlasik thla engemaw zat chhunga ei tur thar an neih loh chuan harsatna lian tham an tawk lo. Thlasik leh thlasik laiin, thilsiam zawng zawng a lo nung leh hunah chuan an tlakchhamna chu an siam ÿha si a. Chutiang nunphung chu thilsiamte chuan a zirtir tawh a ni. Thlai chi, cereal leh pulses te hi, ei tur nung tak tak an ni a, mahse, inert leh dormant state-ah an awm a ni. Vanneihthlak takin tuiah an hnim a, ni khat emaw ni hnih emaw chhung boruak lum takah dahin awlsam takin an tiharh thei a, an activate thei a, nutriment ÿha famkim takah an chantir thei bawk. Chuvangin, buhfai hring (activated) chauh ei hian mihring hian kum khat chhunga hunbi zawng zawngah leh Leilung kil tinah ei leh in famkim neih theihna hun remchang a nei a ni. Chumi hnuah chuan ei tur thar leh duhthusam sâng tam tak la awmte chu a ei leh inah chi hrang hrang a luhtîr theih nân leh nun nuam zâwk siam nân a hmang thei a ni.

Nun hi energy & matter inrelbawlna a ni. Machine siam kan duh hian blueprint angin a tul zawng zawng kan rawn keng khawm a, a detail hnuhnung ber kan tih zawh meuh chuan machine beings to work. Chu mihring factory tichaktu chu thlarau tih a ni a, chu chuan thil chi dang zawng zawng nen inzawmkhawmin, thil nung awm dan chu a ti famkim a, a tichak a ni.

Protein, Vitamins leh Minerals leh Mimal Nutritive Constituent zawng zawngte Sawihona Innghahna A Siam tawh lo tur a ni

Section hnuhnung berah khan ei theih thlai taksa zawng zawng hi element inang chiah chiah te, an chemical leh physical property inang lo chu an composition leh molecular structure inang lo vang a ni tih te. Vanduaithlak takin biologist-te chuan he thudik hnial theih loh hi ngaihthah a, an science pumpui chu ei tur thila an hmuhchhuah compound complex hrang hrangah an innghat a ni. An laboratory-a thil hmuhchhuahte chu zu ruihvin, chu thilsiam laboratory mak tak mai chu an mit an chhing ta a, chu chu chi chi khat, a tê tê ang maia kan thlenna chu a ni

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mit hmuh theih loh khawpa hmuh theih loh tur leh, a let leh nan, kar tlemte hnuah, kan thil nung mamawh zawng zawng tihlawhtling thei ei tur ÿha ber berte chu an rawn hlan a ni. Mahse, chu thilsiam thilpek tam tak chu an paih bo emaw, an hal a, an tichhia emaw a, chu mi hnuah chuan, an laboratory hrehawm takah chuan, thil thi thenkhat, a nena inanna hla tak tak nei chu an buatsaih a ni. Heng concoctions te hi tunah chuan hming leh number hrang hrang hmangin an zahawm a, a tir lamah chuan anmahni taksa peng leh an fate sual lote taksa peng tichhe turin an hmang thin.

Chutiang chuan grape-ah hian thil chi hrang hrang engemaw zat an hmuh tawh avangin, an ti grape-ah hian chutiang leh chutiang thil chi hrang hrang a awm tih, thil dang a awm lo ang maiin. Natural leh non-natural foodstuff zawng zawngah pawh hetiang bawk hian an ti a, chutiang constituent zinga pakhat tal an hmuh theihna tur ei tur chu nutrient pek chhuah source atan min rawt a ni. Chutiang thil thlir hun rei lote avang chuan ei tur hlauhawm ber berte chu fully-balanced nutriments anga tarlan a ni a, a lehlamah pawh a ni.

Pencil la la, bawnghnute atanga hmuh theih ei tur atanga biologist-te thil hmuhchhuah list siam mai rawh: bawngsa, thin, thluak, thinlung, bawnghnute, khawizu leh cheese. Tunah chuan chu thil zawng zawng chu clover, straw-ah emaw, tlangram thing chi hrang hrangah emaw, a chi inang chiah chiah-ah an hmuchhuak thei em tih i en ang u. Ofcourse a ni lo. Mahse, bawng taksa siamna atana kal raw materials chu chutiang thing ngei chu a ni tih hi tumahin an hnial thei lo; chu chu bawng pum pui chu chu thlai atang chuan a lo piang vek tihna a ni. Rannung ei tur chu sa ei thin sakawlh tan chuan ei tur tling tak anga kan ngaih chuan, a sa ei tur ruang zawng zawng, a vun, ruh, thisen leh tisa leh, chubakah, a cell nung zawng zawng a awm vek tawh chuan, ei tur hlutna inang vek a neih vang a ni grass-a awm chu a ni. Mahse, bawnghnute, butter emaw sa emaw hian eng hlutna nge a hrana lak? An vai hian common grass hlutna atanga infinitesimal fraction an nei vek a, chu chu raw state-a a awm phawt chuan. Chutiang thila nutritive constituents awmte chu chaw siam zawhah eng nge la awm tih erawh chu amplification a ngai lo. Chuvângin, kum zabi tam tak chhûng mi rilru awlsam tak takte'n an chawimawi tawh hnute emaw, sa emaw ei tûr ÿha tak chu kan hre chiang ang u!

Chuvângin, bawnghnute hring leh chhe chi hrang hrang chhiar sen loh tin leh can-a chei mawitu advertisement zawng zawngte hlutna dik tak chu kan rêl ang u.

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Justice chuan tun atang hian hetiang advertisement thehdarhtute hi rawn hruai a, na taka hrem an nih a phut a, a chhan chu naupang maktaduai tam tak thihna mawhphurhna chu an kekawrte chungah a innghat tlat a ni.

Mihring hian thil thar zir tur te, thilsiam thuruk chhunga luhchilh tur te, a hriatna thlirlawkna zau zawk tur te chu chatuanin a buai hle tih ka pawm a ni. Factory neitu apiangin an factory atana thil mamawh raw materials thuruk an hriat chian a pawimawh hle.

Research scientist-te chuan an chhui chianna chu an laboratory bang pali chhungah dah khawm se, chu ni thlengin, an workshop-a siam synthetic components hmanga siam vek chi aÿanga thlai pakhat an chin hlawhtling ang. Tichuan an finna chu thilsiam finna nen a inang ang. Mahse kan khawvel hi chutiang chi chi chuan a khat tawh a, chuta tang chuan kan thil nung mamawh pawimawh zawng zawng phuhruk thei tur ei tur tling ber kan hmu a ni. Chu nutriment chu chhiatna tlemte pawh a awm lo.
A chhungah hian thil engmah a tlachham lo; thil engmah hi redundant a ni lo; constituent tin hian an quality, an quantity leh an function chu chhut dik ber hmanga tihfel a ni.

Protein ei turin min ti a, protein hi hriselna atan a tha a ni. Mahse, engzat nge kan ei tur? Nitin kan mamawh tur zat hi a tlangpuiin kan inrem em? Building sakna atan chuan brick hi a ngai a, mahse, thliar hran lovin brick kan phum khawm thei lo va, mortar engmah tel lovin kan dah thei lo tih a chiang.

Technician thar an rawn lut ta a ni. An insawn chhuak tawh a ni factory complex engemaw zat engineer tawnhriat ngah tak an nih avangin tunah chuan chu factory te chu anmahni ngeiin enkawl leh enkawl an duh ta a ni. Hmun tinah hian raw material chi hrang hrang, random taka dahkhawm a awm vek. An vai hian awlsam takin kut awlsam taka an dah theih apiang chu an la a, factory-ah an pe chhuak vek a ni. Pakhatin lung a rawn keng a, pakhatin thir a rawn keng a; pathumna chuan lei a keng a, palina chuan tui a keng bawk. Chung zawng zawng chu ruahmanna leh design mumal nei lovin an lump khawm a, chutah chuan an kal a, an la tam zawk lehzual a ni. Organic leh inorganic substance tam takin an siam chhunzawm zel a

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landan. Pakhat chuan machinery chu thil engemaw kut zungtang khat hmangin a chawm a, a tangkai hle niin a sawi a; mi dang chuan thil pahnihna bucket khat khatin a khat a, a la ÿangkai zawk tih a sawi. Chutiang chuan mi zawng zawng chuan factory chu a raw material dik tak component ang maia an ngaihtuah apiangin an choke vek a ni. Experiment siam a ni a, experiment tawp nei lo. Khawthlang lamah chuan mi â engemaw zatin chu raw materials chu an hal a; a lehlamah chuan, mi zawng zawng chu vut mei chhuak aÿanga a la awm chhunte chu la chhuakin, factory nozzle-ah dah turin an tlan nghal vat a ni.

A nihna takah chuan factory hian hna a thawk mumal lo tan thin. A tam zawk factory hnathawh dan mumal lo takin heng specialist thar chhuakte hian an thawhrimna an tipung nasa zawk a ni. Hmanraw thar leh thil thar zawng turin hetiang leh kawng hi an tlan thin. Chu hustle and bustle-ah chuan raw material-a chemical constituent pawimawh ber berte chu an raw material-a chemical constituent pawimawh ber berte chu an rawm a, an tichhia emaw, an hal emaw a, chu chu a chang chuan an hriat theih loh khawpa te an ni. An thawhrimna chu a hlawhtling lo tih an hmuh a, factory dinhmun chu zawi zawiin a chhe zual zel tih an hmuh chuan thlalerah chuan an kal lehzual a, factory-a raw materials nena inzawmna nei lo thil thar tak tak an hmu chhuak a, chu chu an puihnain an plant hnathawh dan tur ruahmanna siam tum. Hun engemaw chen chu chutiang thil thar zinga pakhat chuan factory au thawm chu a titawp a, pakhat chuan a piercing squeak chu a titawp a, pathumna chuan mechanism thenkhat hnathawh chakna a ti hniam a, palina erawh chuan a ti chak zual thung. Heng inthlâk danglamnate hi an tân chhinchhiahna ÿha tak niin a lang a; hlimna avangin an zuang a, naupang tê ang maiin an kut an beng a, chutah chuan thil "chak zawk leh hlawk zawk" zawngin an kal zel a ni. A châng chuan, factory hmun ÿhenkhat chu a thawk tawh lo vek emaw, a thawk dik lo lutuk emaw chuan an ÿhenawmte himna a tichhe thei a ni. Chutih lai tak chuan mipaten an thiamna nasa ber an lantir thin. Chutiang "ÿangkaina nei lo" chu thiam takin an paih chhuak a, an paih chhuak ta a ni.

Chutiang hmalakna zawng zawng chu a hlawhchham vek a, pakhat hnu pakhatin factory-te chu hna atanga paih chhuah thuai a nih chu thil mak a ni lo. Mahse bungling engineer te hian beiseina an hloh lo.

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An beidawng taka an thil tih chu an chhunzawm zel a, chu factory-a engineer tak tak, an nihna, an hnial tawh chu an ko kir duh lo.

Mihring taksa leh factory tehkhin chhunzawm zel hi entîrna lam hawia tih a ni lo. Mihring taksa hi factory dang zawng zawng ang bawkin factory a ni tak zet si a, he danglamna nen hian factory pangngai aiin a buaithlak zawk a, a components te pawh a te lutuk a, a tam zawk chu mihring hmuh theih loh leh hriatthiam theih loh a ni.

A chunga engineer te ang bawk hian kan biologist te hian experiment an nei thin mihringte chungah chuan hmanraw hlauhawm ber berte hmangin, ei tur chi hrang hrang hmangin, thil siam chhuah chi hrang hrang hmangin leh mihringte hriat rimchhia thihna thlen thei zawng zawng hmangin. Thil hming tawp thei lo list tawp nei lo an tichhuak a, an rawtna dik lo tak takte hmangin mi an hruai bo a ni. An duhzawng an rawt ÿheuh va, an rilrua lo lut chu an sawi ÿheuh va, random takin an che a, rule of the thumb hmangin an sawi chhuak vek a ni.

Volume sang tam tak an khat a, khawvel an tuilian a, radio-ah an ri chhuak a, chanchinbu-ah advertisement an print bawk.
Mahse an thiltih zawng zawng hi thu dik lo a ni a, an thusawi zawng zawng hi a inhnialna a ni. Thil hlauhawm ber chu hlawkna nasa tak angin an entir a, mahse thil pawimawh tak hman erawh an khap thung. He medley of welter leh confusion-ah hian ziaktute ngei pawhin rinhlelhna leh thutlukna siam lohna maze-ah an grope a, an ngaithlatute erawh chu buai leh buai takin an ding thung.
Chutih lai chuan, vanduaithlak takin, kan hnaih berte chuan he nun hi maktaduai tam takin an chhuahsan a, an hun remchang hmain a tul lo hle.

Khawvel hmun hrang hranga mi zahawm zawng zawngte chu lo chhuak turin ka ngen a che anmahni leh an chhungte hriselna tur chauh pawh ni se, an lethargic indifference chungchang. Kan inpumkhatna thiltihtheihna hmang hian mihringte mit kan hawn a, tuna ei leh in lama kan tih dan dik lote hi kan siam\hat a, chutiang thah rapthlak tak takte chu kan titawp theih nan min kut inzawm rawh se.

Kan mit tichhe vek ila, tunlai civilization timualphotu thil tenawm tak takte hi uluk takin lo thlir ila. Kan scientist-te rilru put hmang dik lo hmang hian hlawkna hmutu leh speculator-te chuan he field-ah hian ke an pen chhuak ta a ni. Chaw tha lo ber leh a tihbuai nasa berte chu zalen takin vitamin tamna hmun anga puan chhuah an ni a, an ni

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mipui hnena tlang taka hralh chhuah a ni. An zingah hian biscuit, sweets, soft drinks Coca-Cola leh lemonade, sa chhe tawh, bawnghnute hring leh ei tur chi hrang hrang sang tam tak an tel a, an ei tur pawimawh ber berte chu an hloh vek tawh a, a bik takin natna thlentu leh mi tihlum thei an ni. Thil mak ber berte chu hetah leh khawiah emaw atang hian an khawlkhawm a, an pawlh khawm a, tin leh carton-ah an dah a, scientific anga lang ran vulh hming sting rei tak nen an ziak a, mipui rintlak tak takte hnenah "dietetic" preparation tiin man to lutukin an hralh thin.

Tunlai damdawi hi chutiang khawpa sumdawnna atana hman a nih tawh avangin private laboratory-te chuan doctor-te hnena an hnena thawn damlote hnena pawisa an pek danah zaa 50 commission an pe thin. Tunlai khawvela eirukna zawng zawngte chipchiar taka tarlan duh chuan volume za tam tak a luah khat a ngai dawn a ni. Tunah chuan chu hna chu thawk turin ka inpeih lo.

Hetih lai hian biologist-te chuan an zirchiannaah hian vitamin engemaw zat an hmu chhuak a. Tlemte hnuah chuan compound awlsam tak a ni lo tih an hmuchhuak a, thil chi hrang hrang dozen zeta inzawmkhawm (elaborate complex) a ni tih an hmuchhuak a, chu chu hming an thlang vek a ni. Zawi zawiin vitamin pakhat chuan mi dang awm lohnaah a chakna a lantir lo tih an hmuchhuak a, a nih loh leh, chu thil nung chhunga luh a nih chuan thil pakhat chu thil dangah a inthlak tih an hmu a, chutiang bawkin.

Artificial vitamins hian mihring taksa a nghawng dan hi a langsar hle a, a inhnialna pawh a inang lo hle. Mipa chuan in pakhata brick chu row khat hnu row khatah mortar engmah awm lovin an dah a, chutah chuan chu tihsual siamthat nan chuan inferior mortar barrel lian tak tak an buatsaih a, building chungah chuan vawi khatah an leih vek a ni. Brick pawn lam a innghat a, chu mortar chuan building chu thli leh ruah lakah rei vak lo a venghim a, mahse brick inkar joint-ah chuan a lut lo va, a nihna takah chuan, structure chhung lam layer-te chu a thleng ngai lo. A châng chuan chu mortar dik lo chu a tam lutuk chu hman a ni a; tichuan, building eng pawh a lungphum eng emaw chen a nghing tawh chu a chim mai mai a ni. Hei hi vitamin injection laiin a chang chuan a thleng chiang hle a, chu chu injection hnu lawkah damlo chu a thi nghal thin. Engtin nge mi pakhat chuan nutrient angin a entir theih ang, a chhunga mipa a thattu thil tlem ber pawh

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mihring taksaa a luh atanga minute nga chhung? Engtikah nge mihringte chu an lo harh chhuak ang a, chutiang âtna chu an kalsan ang? Hlawhchhamna, beidawnna leh vanduaina tam tak karah pawh mipa chuan an kalna dik lo leh chhiatna rapthlak tak chu an zawh chhunzawm zel a, ke pen khat pawh hnungtawlh an duh lo.

Lehkhabu tharte chu an lo lang chhuak zel a; list leh rawtna tharte chu a hluiah chuan dah belh zel a ni a, factory a\angin mipa taksa peng hrang hrangah rulhut tuilian tawp nei lo chu a luang chhuak zel a ni. A nihna takah chuan nutrition leh a kaihhnawih thupui chungchangah volume sang tam tak ziah a ni tawh a, chung zawng zawng chu ngaihdan leh dinhmun hrang hrang, details leh particulars hrang hrang, list leh table hrang hrang nei vek a ni.

Mimal chungchanga lehkhabu ziah te hi rei lo te chhung atan han ngaihtuah ila vitamin leh nutritional constituent dangte, nutriment chungchanga rawtna leh ei tur bik list te hi a dik vek a ni. Chutah chuan hei hi mihring ei leh in kalphung hmantlak tak a ni tak tak em tih leh he khawvela awm duhtute hian chu lehkhabu zawng zawng chu rilru taka zir vek a ngaihna lungchhiatthlak tak hnuaiah an awm em tih kan ngaihtuah mai thei. Chuti a nih chuan, tlang leh ruam, khaw hla tak tak leh khaw te tak tea cheng, chutiang ei leh in list leh dawhkan hriat chian theihna hun remchang nei lo mi maktaduai tam takte chu engtin nge an awm ang? riltam vangin an thi tur em ni?

Ni lo, ÿhian ÿhate u, in ngaihsak lohna torpor aÿang chuan harh rawh u, chu chu mihringte tana ruat nunphung a ni lo. Chutiang nun chu nunna a ni lo tak zet a ni; mumang ang mai a ni. Ei leh in lama harsatna chungchanga kan rilru put hmang hi inthlak danglamna tluantling leh rang taka kan thlen tur a ni.
Mimal nutritive constituent leh ei leh in chungchanga thuchhuah siamte chu tihtawp a, artificial vitamin leh damdawi rimchhia prescription zawng zawng chu vawi khatah tihtawp vek tur a ni.

Chu mumang chhia laka mihringte chu vawi khat atan chhuah zalen theihna kawng khat chauh a awm a, chu chu kan nunphung leh kan ei leh in lama inthlak danglamna nasa tak thlen hi a ni. Heng tih dante hi mihring nun nena ei leh in kalphung dik tak inzawmkhawm leh inmil thei tura tihdanglam a ngai a ni. Tichuan mimal nutritive constituents thlan hian thil tangkai tak a nei tawh dawn lo va, miten ei leh in bik an ngaihtuah tawh lo vang. Chutiang fully balanced chauh

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ei tur chu nutritive value inang nei angin in lamah dah tur a ni; tawngkam dangin sawi ila, mihring ei tur pakhat zel hi a takah chuan chaw tha famkim a ni tur a ni.

Chhiartute chuan mihring zawng zawng hruai hi thil harsa tak niin an ngai lo tur a ni chu kawng mak takah chuan. A langsar berah chuan chutiang chu a ni mai thei. Keimah ngei pawhin a stage zawng zawng ka paltlang tawh avangin, thil harsa tak a nih loh pawhin, hna awlsam tak a ni tih ka hria a, chu chu ka hun leh tha zawng zawng seng turin ka inpeih reng a ni.

Mi hausa leh rethei, mi lian leh te, mi thiam leh mi awlsam te pawhin an ei tur ei tur zingah duhthlanna siam ngei ngei tura tih tur nei reng reng lovin nun hrisel an neih theihna tur dinhmun kan siam a ngai a ni. Tichuan ei tur thlan dan chu kan duh zawng hriatna a\angin a innghat ang a, chu chu thil phut leh duhzawngte chu natural foodstuff thlan kawngah kan kaihruaitu dik lo tak a ni ang.

Kan ngaihtuah chiang hle mai thei, a nihna takah chuan, biologist-te hian eng nge an zawn a, eng nge an zawn an thil tum ber chu. Anmahni ngei pawhin an thil tum hnuhnung ber chungchangah hian ngaihdan chiang tak an nei lo mai thei, mahse ka hrilh ang. Kan taksain nun hrisel kan neih theih nan eng thil chi nge a mamawh tih hriat tumin an bei mek a ni. Kan thil nung chhunga vitamin tin leh mineral tinte hnathawh dan dik tak hriat chian an duh a ni. Vitamin engemaw tak hian kan thanlenna a tichak a, pakhatin natna hrik lakah min veng a, pathumna chuan ha a tichak a, chutiang chuan an hmuchhuak a ni. Mahse, chutiang harsatna zawng zawnga inhnamhnawih ai chuan, Africa ramngaw chu vawi khat chauh tlawh a, chuta sakeibaknei awmte chu eng ang calcium pill nge an ei tih, ivory chak tak chin nan, a nih loh leh eng protein chi nge an tih tih zawt ta se a tha zawk ang em? an mass lian tak khawlkhawm turin an ei zo em?

Kum sâng tam tak chhûng thawkrim lo taka an thawh hnuah a tâwpah chuan an duhthusam chu an thleng ta niin i ngai ang u. Chumi hnuah chuan buh chi khat emaw, thlai taksa dang emawa thil awm zawng zawng chu an hre thei ang a, kan thil nung chhunga an hnathawh hrang hrangte kimchang takin an hrethiam thei ang. Mahse, chutiang taka an zawn chu an kutah a awm tawh a, tam takah pawh a awm tawh bawk. Chutiang chuan an chungnung ber an thleng ta a ni

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aim, kum tam tak hnua an laboratory-a an thlen theih beisei loh thil tum tak tak chu. Chuti a nih chuan eng nge an zawn belh leh ang?

Mahse chhiartute chuan biologist-te hi mi rilru nei lo tak tak an ni tih an ngaihtuah tur a ni lo. An tih ang anga che tur chhan an nei a, anmahni ngaihdan atang chuan chhan chak tak leh rintlak tak an ni. Scientist te hi "civilized leh cultured" mi an nih avangin; ramngaw thim takah awm mipa hmasa ber an ni lo va, fold leh stables-a cheng pawh an ni lo. Tichuan engtin nge an chhang var, an cake tui tak tak leh pastry tui tak takte chu an kalsan ang a, an hmui chu buhfai raw-in an khat ang, primitive savages ang bawkin? Buhfai pum leh bawlhhlawh lo chu chhang dum emaw, pastry emaw-a chantirnaah chuan, starch leh sugar thi tih loh chu, a nutritive constituent sang tam tak zawng zawng chu a bo vek tih chu a dik a, mahse hei hian an ngaihtuah lo niin a lang. Nunna nei lo starch leh sugar pawh hian an "hlawkna" an nei tih theihnghilh kan phal ngai lo. Kan taksa lumna pe turin calorie mamawh an pe a, chutih laiin kan taksa peng, gland leh nerve mamawh chu artificial vitamin, mineral buatsaih, hormone dik lo leh a chung berah chuan rulhut tam tak, pakhat aia tam, "scientific" resources mak tak takte hian a tihlawhtling a ni chakna leh chaknaah pakhat dang.

A tawp berah chuan, chutih hunah chuan industry, damdawi in, doctor, nurse, damdawi dawr, surgical instrument leh chutiang chi hmanrua dangte chu eng nge thleng ang? Anmahni lei chhuahna kawngah hian eng ang thawhrimna nge an neih loh a, an sakna kawngah hian eng ang thawhrimna nge hman a nih loh! Engtin nge chu buhfai tlemte avang chuan chu "hlawhtlinna" zawng zawng chu an kalsan theih ang? Chutiang step chu ngaihtuah pawh theih a ni lo va, a takin lak pawh a ni lo. Mi sang tam tak, ni lo, maktaduai tam tak chu heart attack, cancer leh natna dang vanga thi an nih chuan a pawimawh lo hle. A hma emaw a rei emaw chuan mihringte hi engti kawng pawhin an thih ngei ngei tur a ni a, chuti a nih chuan tlem a hma deuha thi a, he khawvel lungngaihna leh hrehawm tawrhna lak ata chhuah zalen hi an tan a tha zawk lo em ni? Khawvel a awm ang anga mipui tam lutuk karah hian kum 200 thlenga nun hi eng nge a tangkai? Hetiang rilru put hmang nei mi an awm tih i hriat chuan mak ti suh. Mihring tam zawk, ruang ei ruihhlo ngawlvei avanga mitdel ang bawka mitdelte chuan tûn laiah chutiang chuan an ngaihtuah tih hi sawi theih a ni tak zet a ni. Mahse khawvel pum pui hnenah hian mihring zawng zawng hi an AWM VE TUR a ni tih hi zahawm takin ka puang a ni

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RAW STATE-A THIL THIL AWM DAN CONSUME. HEI HI NATURE THIL TIH DAN A NI.

Chuti chung pawh chuan, chutih hun zawng zawngah chuan biologist-te kaihhruaina chu mihringte rawngbawl duhna a ni tih ka hnial lo. Mahse an thawhrimna hlawhchhamna an hmuh chuan rei lo te pawh tikhawtlai lovin an kalphung hlauhawm tak chu an thlak danglam tur a ni a, chu thupui chungchang ziakna lehkhabu zawng zawng chhuah chu vawi khatah tihtawp vek tur a ni chuti lo chuan thlah lo la awm turte chiam an phu ngei ang. Nutrition chungchanga lehkhabu-a hmuh tur thudik leh chhiarpui inhnialna zawng zawngte chu ka rawn dah khawm a, finfiahna awmte chu uluk takin ka chhui a, ka rit a, tunah chuan ei leh in chungchangah chuan mihring zawng zawng hian ngaihtuahna inang vek tur leh chaw ei vek rawh. He thutlukna chungchangah hian rinhlelhna leh inrem lohna a awm tur a ni lo.

Chuvangin, tun thlenga lehkhabu chhuak tawh, mimal nutritional constituent leh ei leh in bik hrang hrang chungchang sawina lehkhabu te hian an hna an thawh tawh avangin, an theory dik lo leh inhnialna hmanga mipui rilru a buai tawh loh nan an zavaiin circulation atanga lak chhuah vek a ngai a ni . Phên dangin sawi ila, protein, carbohydrates, fats, vitamin leh minerals te hnathawh leh "thatna" chungchang ziakna lehkhabu zawng zawng kha khap vek tur a ni. Chutiang bawkin, ei tûr ÿhenkhat hlutna chu a chhûnga awm nutrient engemaw takah a awm tih finfiah tumna thu leh hla hlauhawm zawng zawngte pawh chutiang bawk chu a ni tûr a ni. An ziaktute'n thei chi hrang hrangte chu a dangte nena khaikhin chuan a chungnung zawk tih nemngheh an tumna lehkhabu pawh hi thil tul lo anga ngaih a ngai a ni. A tam berah chuan nakin lawka zirchianna chu ei tur chi khat class dang nena khaikhin chuan a hmasawnna degree leh a thatna hriat theihna tur data tul tak tak pek theihna turin general experiment neihna lam hawi a ni thei. Entirnan, thei, buhfai, pulse, nut, thlai hring leh zungte inkara danglamna zau tak hriat chian tumin zirchianna neih theih a ni a, chutiang danglamna chu a awm tak tak a nih chuan.

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Tun a\ang chuan hmasawnna lam hawi ziaktu zawng zawngte, scientist-te, doctor-te, journalist-te leh mihringte \anpuitu zawng zawngte hna ber a ni tur a ni, chu chu mipui zahawm takte hnena thilsiam \ha lo (natural nutriments) chhiatna nasa tak avanga chhiatna nasa tak thlen dan zawng zawng lantir a, mipuite chu thupekte hnuaia thuhnuairawlh taka intulût turin fuih a ni tur a ni thilsiam (nature) a ni.

Taksa Tak leh Taksa Dik lo

Chaw siam (cooked food) ei thin chu a takah chuan mi pahnih pakhata awmkhawm a ni a; taksa pahnih a nei a. Taksa hmasa ber, MIHRING TAK tak chu mihring dik tak ngei a ni a, chu chu natural nourishment hmanga koh a ni a, natural nutrition-in a la chhawm nung reng a ni. Taksa pahnihna, MIHRING DAWK chu pianphung ni lo, chaw siam, siam chhuah hmanga lo piang a ni a, pianphung ni lo ei leh in chauh hmangin a nung chhunzawm zel a ni.

Mihring taksaa cell hrisel, specialised leh active tak tak, nunna vawng nungtu leh mi kea ding rengtu zawng zawngte chu natural foodstuffs hmanga siam, chawm, operate leh thlak vek an ni. Chu chu taksa peng hrang hrangte chakna petu, thinlung inzawmna (contraction) tidanglamtu, thluak impulse taksaa thawn chhuaktu leh secretion siamtu cell te an ni. Heng cell hmasawn tak takte bakah hian cell dang, cell pangngai nena inanna langsar tak tak nei, mahse, a nihna takah chuan, elementary ber structure nei, specialized functions atana machinery leh mechanism mamawh nei lo leh a tlangpuiin degenerated leh natna nei an ni. Heng cell te hi ei tur pianphung ni lo leh chhe tak tak man to takin an piang a, an piang a, an pung vek a ni.

In organism of a cooked food addict, mihring tak tak hian a luah tlem hle room a ni tak zet. Mi hring ber pawh nise taksa hmun tam tak chu inactive cells a ni.

Gland emaw, taksa peng emaw tin hian active leh specialized cell engemaw zat an mamawh a, mahse chutiang cell-te complement mamawh chu a lo awm meuh chuan, chu organ pek chhunga cell dang siam chu a tawp ta a,

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chutiang a nih loh chuan a lian lutuk lo ang. Tunah chuan, active cells te chu natural nourishment hmang chauha awm tura koh an nih avangin, ei leh in ngainatute chuan a taksaah natural foodstuffs mamawh zat a pe lo a, chu organ chuan a rah chhuah tlakchhamna chu a khum a, a lian zawng chu a remchan dan angin a dah khawm a, a chaw chhum atanga siam inactive cell engemaw zat. Chutiang cell tangkai lo leh parasitic chu ei leh in ngainatute taksa peng leh system zawng zawngah a tam hle a, ruh, nail leh sam te pawh a huam tel lo.

Chuti chung pawh chuan mi thenkhat organism chuan hun engemaw chen chu ei leh in pianpui lo (unnatural diet) lakah a la bei thei tho a ni. Dik tak chuan, ei duhna tlahniam, pum natna, rilru hahna, luak chhuak, mut theih lohna, lu na leh chutiang chi dangte hmangin mi dik lo lo piang tur venna kawngah theihtawp a chhuah a ni. Hun rei lote ngaihtuah mite chuan chutiang fimkhurna chhinchhiahna chu thil nung chak lohna engemaw zat chhinchhiahna angin an ngai a, chuvangin, thilsiam ni lo ei chu tihtawp ai chuan, damlo "ei tur leh tihchak" nan hman an fuih nasa zawk a ni. Tin, ei tur "nutritious"-te beihna chhunzawm zel hnuaia hun rei tak, rei tak chhung beihpui thlakna chu mihring tak tak hnehna nen lungchhiatthlak takin a tawp chuan, chu thil nung chu a dodalna nghet tak chu kalsanin, chutiang ei tur pianpui lote nen chuan "a insiamrem" a ngai ta a ni. Hei hi mi der pianna chhinchhiahna a ni a, rei lo teah savawm ang maiin a ei tan a, do theih lohvin a lo thang lian ta a ni. Mahse, hun rei lote ngaihtuah mite chuan he ÿhanlenna hi dam lehna chhinchhiahna ch

Hun a kal zel a, chu dodalna chu a chak lo ta hle a, vawiinah chuan naupang tam tak taksa pahnih neia an pian hun lai chu a thleng ta a ni. Chutiang naupangte chuan khawvêla an lo kal hma pawhin mi der chu an nei ÿan a. Hmeichhe hnute leh ke-ah te, naupang hmui thau takah te, mipa kekawr bul leh kawr bulpuiah te, hmun dangah te, mipa dik lo chu i hmu thei a ni. Mi der chuan nula naupang hmeltha tak takte chu an dam rei laiin a tichhe a, puitlingte chu hnathawh theihna a hloh tir a ni. Mihring thinlung, kal, thisen kalna, gland leh tissue-ah a lut a, an hnathawhna a tichak lo. A tlangpuiin mipa tak tak chu a kutah a hruai lut a, zawi zawiin a hrual a, a chil a chhak ta a ni.

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Chaw siam chhuah ngainatute chuan thei engemaw zat ei a, a riltamna a tihreh chuan, chutih hun takah chuan mipa tak tak chu a ei zawh vek tawh a, ei tur duhna a nei tawh lo tihna a ni. Mahse mi der chuan natural nutriment-ah hian chanvo a dawng lo tak zet a, chuvangin tunah chuan a ei tur bik a phut ta a ni. Thil vanduaithlak tak chu mipa tak tak kâ hmanga a duhzâwng ŷha lo a sawi chhuah hi a ni. Chaw siam chhuah duhna nasa tak chu chu ramhuai duhthusam a ni a, mipa tak takte thil phut nen pawh inzawmna engmah a nei lo. Chu duhthusam chu brutish passion pahnih, addiction leh negative desires te inzawmkhawm lai tak hian gluttony ah a inthlak ta a ni.

Hetah hian mihring tak tak chuan ngaihtuahna leh ngaihtuahna engmah nei lovin hna hmuhsit ber a thawk a ni. Nitin a thawkrim hle a, hrehawmna leh harsatna nasa tak nen sum a hlawh chhuak a, chutah chuan hrehawmna leh harsatna nasa zawk nen chuan a thawhrimna sum hmanga a lei natural foodstuffs chu thil hlauhawmah a chantir a, a taksa hmangin a taksaah a luhtir ta a ni a hmui ngei pawhin a eitur kawng (alimentary canal)-ah a ei a, a thisenah a luhtir a, chu ramhuai, a hmelma nasa ber hnenah chuan a thlen a, chu chu a rilruah a enkawl leh enkawl a, a taksa tenawm tak chu a taksa chak lo tak takte chungah a phur chhunzawm zel a ni.

Hetah hian protein faktu leh artificial vitamin thiltihtheihna nia sawi chunga beiseina dik lo pintu biologist-te chu ka zawt tur a ni a, kawngpuiah an kal laiin, an rit lutuk chu an phur chhuak thei lo, mipa leh hmeichhiate chu an khawngaih lo em tih ka zawt a ngai a ni mi der chu an ke chak lo takah chuan. Chu mite chhia leh tha hriatna leh rilru chu khawiah nge a awm? Chu thau leh sa hmantlak lo tam tak chuan ngaihtuahna ei tur a pe lo em ni? A nihna takah chuan, corpulence hi an rannung protein "fully-balanced" leh chhang dum "digestible" rah a ni. Chu mi thau tak takte chu an chhang leh sa chu laksak tum mai la, thilsiam dan bulpui ber berte hmangin hun engemaw chen chu chawm la, chutah chuan chu diabola mipui tam tak chu thla engemaw zat chhunga an lo hmin leh bo dan chu chhinchhiah rawh.

Chutiang thil tul lote chu awlsam taka kan paih chhuah theih dan kan ngaihtuah hian tisa tam tak leh effect complete recovery by the most simple and

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natural method, engvangin nge zirna lama danglamna sang tak nei mite hian hlawhtlinna beiseina nei lovin, thil hlauhawm leh awmze nei lo chi hrang hrang an hman thin tih hi kan ngaihtuah chiang hle mai thei.

Mihring dik lo chu cell chhe tawh chauh atanga siam a ni lo va, of superfluous fluids, fats, concretions, salts, poisons leh thil dang hlauhawm tak tak, mihring tak tak chhunga cavities leh tissue zawng zawngah lutin a darh vek tawh. Natna tinreng, a danglamna awm lovin, mi der cell-ah hian koh a ni. Mi der cell-ah pawh hian cancer a lo piang a ni.

Natnate hi Dan bawhchhiatna avanga lo awm a ni

Nihphung

Factory chhiat chhan pahnih chauh a awm thei a, chu chu tlakchhamna a ni of balance in its raw materials leh pawn lam atanga lo chhuak incidental damages te. A chhan dang a awm thei lo. Mihring thil nung hian pawn lam atanga chhiatna a thlen (kang, hliam, rulhut, leh a dangte) chu hriatthiam awlsam tak a ni a, an enkawlna atana hman dan tur chungchangah pawh inrem lohna a awm lo.

Heng pawn lam chhiatna zingah hian mahni invenna damdawi zawng zawng, artificial vitamin, mineral, zu, nicotine, tea, coffee, chubakah chaw chhum nena taksaa rulhut tam tak lutte hian thil nung chunga chhiatna a thlen te pawh a tel thei a ni leh taksa peng tinah an dah khawm bawk.

Mihring tana raw material inrem leh dik lo awmchhun organism chu thilsiamin a ruat (raw plants) an ni. Chu taksaa tihdanglamna tlemte ber chuan factory pek tawh raw materials inremna tichhe tihna a ni a; hei hian chu factory hnathawh dan dik tak chu tihbuai tihna a ni a; tawngkam dangin sawi ila, natna tihna a ni. Thilsiam dan nena inmil takin hei hi axiom anga ngaih a ngai a, chu chu rinhlelhna emaw ngaihdan hrang hrang emaw a awm ngai lo tur a ni.

Mihring factory-a raw materials te chu NOURISHMENT tiin an vuah a.

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Nature chuan mihring tana mamawh raw materials chu chhut dan dik tak nen a siam a, chu chu grape berry pakhat chauh kan ka chhunga kan dah chuan chu berry te tak te chu a inthen darh a, a mamawh zawng zawng phuhruk turin thil nung zawng zawngah a darh vek a, chu chu engmah tih loh tur a ni. Chu berry chuan cell awlsam tak takte rudimentary structure a siam hmasa a, chutah chuan differentiated cells chhungril mechanism zawng zawng a siam a, siam chhuahna atana mamawh raw materials a pe a, component part zawng zawng a tifai a, a tifai a, a chhe tawhte chu a siam thar leh a, tar leh tired cells by youthful cells, motor-te fuel pein, a tichak a, taksa chu lumna leh chakna mamawh a pe a, hna dang a phut apiang a thawk bawk.

Chhiartute chuan engtin nge a awm theih ang, a chang chuan kar emaw thla tam tak emaw chhung chu thei engmah ei lo mah se, chuti chung pawha nung reng thei mi an awm tih hi an ngaihtuah mai thei. A chhanna chu, a tlangpuiin, cooked eating addict confirmed ber pawhin a chang chuan raw nourishment engemaw zat a ei thin. A châng chuan cell pangngaite chu kar tam tak leh thla tam tak chhung chu rilÿâm takin an awm tak zet a, mahse thei rahte chu a hmin lutuk a, ei tûr ÿha tak a nih avângin, a tlem lutuk chuan engtin emaw tak mi chu a keah a ding reng a ni. Mahse chu riltamna chu a chhan awm lovin a rei a nih chuan (subject ngei pawhin he riltamna hi a hre lo a nih avangin), organism chhungah hian natna chi hrang hrang, hliam leh natna chi hrang hrang a lo lang a, chung zinga pawi ber chu scurvy a ni.

Scurvy lai hian cell te chu a bo zauh zauh a, hei hi nutritive constituents tha zawk a awm loh vang a ni. A hnuah chuan capillaries bang chu a puak tan a, chu chuan thisen chhuahna (extravasations of blood) a siam ta a ni. Tunah chuan ha chu a livid leh spongy ta a, ha a tla a, damlo taksa pum chu ulcer-in a khuh ta a ni. Mi mitdelte ngaihdanah chuan he natna hi vitamin C tlakchham vang vek a ni a, khawvela ei tur siam zawng zawng, damdawi leh vitamin siam zawng zawng hian chutiang damlo nunna chhanhim thei thiltihtheihna an nei lo. Thlai thar emaw thlai thar emaw a ei loh chuan a thihna chu pumpelh theih a ni lo.

Nature hian mihringte hi a ti indulgent hle a, mahse mihring chuan chu indulgence chu a hmang tangkai thin. American cytologist E. V. Cowdry chuan a rawn ti a

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heti hian a sawi: "Cell natna hrik lo ni tawhte'n trained service an taksa economy-a an hloh chu thil pawi tak a ni lo, a chhan chu specialized cell chi hrang hrangah hian surplus a awm a, chu chu mamawh hunah koh theih a ni a, chu chu physiologic reserve tia hriat a ni. Sawmna hmun kua a ni adrenal cortex, lung 1/2, liver 3/4, thyroid leh pancreas 4/5 leh spleen zawng zawng chu him takin lakchhuah theih a ni" (CANCER CELLS, Philadelphia and London, 1955, p. 11). Khawvela cytologist lar ber pawhin a mit a ti tawi em em a, gland pakhat hmun sawma ÿhena hmun kua hloh chu thil nung tan chuan thil pawi takah a ngai lo va; hlohna chu thil nung pek chu a hnathawh a chawlhsan vek hunah chauh a hmu a ni. Mahse Cowdry-a zirchianna hian raw-eater-te rinna chu a nemnghet a, chu chu raw nourishment ei tlem a nih chuan active cells zat a tlahniam a, chuvangin, gland emaw, taksa peng pakhat emaw hnathawh theihna a tlahniam a ni. Vawi tam tak chu cooked eater addict-te taksa peng hrang hrangte chuan cell-te complement pangngai hmun sawma ÿhena hmun khat emaw, hmun ngaa ÿhena hmun khat emaw chauh hnathawh hmangin an awmna chu an vawng reng ÿhin.

WHEN DUE ACCOUNT HI KAN LO AWM VE ANG CHE NATURE NATNA LO AWM LO CHU THIL THIL AWM LO TAK A AWM LO; engkim chu ni êng ang maiin a fiah ta vek a ni. Natural foodstuffs ei zat tlahniam avanga normal, active cells zat a tlahniam meuh chuan glands leh organs te chu an hnathawhnaah an hlawhchham a, yield pawh a tha lo, a tling tawk lo leh a chhia a, hei hi raw materials tlakchham vang a ni. Chuvang chuan gland leh organ pek te chu a na ta hle a ni. Hetah pawh hian active cell tlemte chauh an la awm a, a la awmte chu riltam leh chau tawh an nih avangin thinlung bang chu a zau a, valve te chu a chhe ta a vun, intestine, pum leh taksa peng dang sensitive tak tak, pressure awm reng thinte chu a chhe vek a capillaries te chu a zau a, chutah a puak a, chu chuan pum leh intestines-ah ulceration a siam a, mucous membranes atanga discharges a awm a, pyorrhea, hemorrhoids, eczema, leh a dangte a awm bawk. Ha chu chaw tha tawk loh avangin a chhe thin a; sam chu a dum emaw, a tla emaw a ni. Chutih rual chuan, ei tur siam hmanga thil nung chhunga thil rimchhia lo lutte a punkhawm chuan ruhte chu a tichak lo va thisen kalna kawng bangte chu thil khauh tak takin a khuh a; lung (or calculi) te chu a lo piang a

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bladder (bladder) te; sclerosis, thisen sang, sciatica, rheumatism, gout leh natna dang tam tak a lo lang chhuak thin. A tawp berah chuan tunah chuan apoplectic attack leh...
ngawt.

Chaw eitu tumahin hrisel anga inngai tur a ni lo. A hrisel lohna lungphum chu a pian hma pawhin a addict cooked-eater nu chuan a lo phum tawh a ni. A taksa peng hrang hrangte chu a chhe vek a, hun apiangah hlauhawmah an awm emaw, an chakna reserve hnuhnung ber an hmang zo vek emaw a ni. Hêng thute hi a chhiar zawh chuan, a hrisêlna ngaihlu a, a nunna ngaihsaktu chuan chu hlauhawmna chu tihbo tûrin thu tlûkna nghet tak a siam tûr a ni a, a thil nung tihchhiat tawh chu uluk takin a siam ÿha tûr a ni. A bik takin, thau lutuk leh thisen sang vei te hian rei lo te pawh an inhnial tur a ni lo, a chhan chu an nun hi thread pakhatah a innghat a ni. Naktuk hian an obituary notices-ah "beisei loh" tih thumal tha lo tak hi a lang tur a ni lo. Chu thumal chu "civilized" mipa crass ignorance finfiahna langsar ber a ni.

Nausen te tak te chu chhan awm lovin a tap ngai lovang; zan hahdam lo tak a hmang ngai lo va, pum natna a tuar ngai lo va, chuti chung pawh chuan khawsik a nei tlem zawk. Vitamin emaw calcium emaw tlakchhamna pawh a tawng ngai lo tur a ni. Chûng zawng zawng chu chaw chhum, bawnghnute leh a nu bawnghnute chawhmeh ei tlêmzia rah chhuah a ni. Nausen piang thar chu ei tur siama zirtir hi thil sual rapthlak ber a ni tih ka puang nawn fo thin. Tun thleng hian he thil sual hi nu leh pa zawng zawngin tum loh takin an ti a; tun atang chuan thil sual tih tum lawk anga ngaih a ni ang. Naktuk hian nu leh pa tumahin an sualna an tiziaawm thei dawn lo.

Surgical operation neih tura thutlukna siam hmain damlo chuan full raw-eating a hmang hmasa tur a ni. Organ chhia chuan a complement active cells chu a hloh vek lo a nih chuan, cell hrisel tak tak piang chhuakin, natna vei te chu paih chhuakin a hnathawh theihna zawng zawng a nei leh thei a ni.

Mihring taksaah hian cell natna nei eng emaw zat a awm chhung chuan ei tur siam chhuah duhna nasa tak a awm a ni. Mahse taksain a cell natna a tihthianghlim tawh chuan chaw chhum hmuh hian a tak tak chu a luah khat ta a ni

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mipa huatna nei, nuam tihna ai chuan. "riltam" tih hriatna a chak poh leh natna chu a thuk zawk a, a na zawk bawk. A tawi zawngin, chaw chhum duhna hi natna duhna a ni a, chu duhna awm reng chuan natna awm rengna a entir a ni. Chuvangin natna thunun leh tihboral tur chuan mi der chu riltam taka tihlum a ngai a ni.

Cancer vei te chu ei tur raw, ni khata apple emaw grape pound khat emaw ei tur, ei tur tlem lutuk ei tur a ni nghal tur a ni.
Hetiang zat hi mihring tak tak nung reng turin a tawk a, chutih laiin cancer cell-te chuan a chanvo engmah hmu thei lo chu zawi zawiin an thi ang. Thihna chiang tak thlenga thiam loh chantirtu chuan a tawpna tikhawtlai man chawiin a rilru tihlim theihna tur dikna a nei tawh lo.

Tunah chuan ruihhlo tia an vuah thil rimchhia chi hrang hrang 350,000 te hian eng rawngbawlna tangkai tak nge min pek theih tih i en ang u.
An differentiated cells te chu an tipung thei ang em, cell chak lote chu an tichak thei ang em, disabled cells te chu hnathawh theihna thar an pe thei ang em? Raw materials chu riltam glands-te hnenah an supply thei ang em, kangmei chhuakin a tihchhiat nutritive constituents te chu an thlak thei ang em? Thinlung ruhte an tichak thei em, an bawlhhlawh paihna thisen kalna kawngte an tifai thei em? Chaw chhum hmanga kan taksaa bawlhhlawh leh rimchhia lo lutte kan taksa peng hrang hranga luang chhuak chhunzawm zel chu an titawp thei ang em? A tawp berah chuan cancer cell te chu pakhat hnu pakhatin an then hrang thei ang em, an tiboral thei ang em, taksaah an rawn hruai kir leh thei ang em? Chu rulhut te chu kan chaw ei tur atana thil pawimawh tak a ni tak zet a ni mai thei a, ngaihsak lohna avang hian nature hian natural foodstuffs-ah a telh theih loh phah a ni.

Thudik tak chu chutiang thilte nghawng chu a ni
conjuring, bumna, langsar, inhnialna leh thil tichhe thei lo.
Ruihhlo hlawkna chungchanga lehkhabu zau tak takte hi kan hun laia thawnthu a ni. Rinna dik lo khawvêl lian tak chuan he khawvêl chhûnga mi zawng zawngte chu a thununna hnuaiah a vawng tlat a, damdawi ÿha lote chuan talisman chanvo an chang ta a ni.

Fancy sang ber atanga chhuk a, heng harsatnate chungchangah hian rilru dik tak kan pu tur a ni. Cell tenau tak, infinitesimally a nihna takah chuan, mihring siam factory zawng zawng aiin a structure complex zawk a nei a ni. Hei hi

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an thawhrimna zawng zawng nen khawvela mithiamte chuan cell nung pakhat mah an lo awm thei ngai lo tih thudik awlsam tak atang hian a chiang hle. Tin, chuti chung pawh chuan taksa peng tin hi chutiang cell maktaduai tam tak aÿanga siam a ni. Chuti chung pawh chuan, doctor pangngai chuan chutiang khawvêl zau tak takte chu mi thiam tak niin a inngaihtuah a ni. Chu doctor chuan lehkha pakhatah "damdawi" rimtui tak tak hming a ziah chuan, naive takin factory maktaduai tam tak hnathawh dan mumal lo chu rulhut pakhat chauh pek a nih chuan a siam tha leh thei niin a ngai a ni. Ka fate naupangte chu an kutah chelh chungin, kum tam tak chhung chu, chu elixir ropui tak, nunna pe thei chu hmuh beiseiin ram pakhat atanga ram dangah ka vak kual a! Chutiang bawka beiseina fanciful tak nen chuan damlo tin, an dinhmun eng pawh ni se, vawiin hian an doctor kawngkhar an kik emaw, damdawi in queue-a an hmun an luah emaw hi a ni.

Natna tin damdawi awmchhun chu damlo ngei kutah a awm vek laiin. NATNA ENGKIM CHU KITCHEN MEI AH HMUH TUR A NI. CHU MEI BO LO CHUAN MIHRING TUARNA ENGKIM CHU A BO VE ANG.
Raw-eating kimchang hian natna chi hrang hrang venna atan a thawk mai bakah, natna kai tawh zawng zawng, a nasat ber atanga a na ber leh a buaithlak ber thlengin a tidam vek a, chu chu a natna vei taksa peng chuan nunna chhinchhiahna engemaw zat a la vawng reng a nih chuan.

He lehkhabu te tak teah hian he thupui hi thui takin ka sawi thei lo. Entîrna pakhat chauh rawn tarlan chu a tawk. Tunlai hian rilru lam natna hi mihringte tana bane a ni. Ram thenkhatah chuan thinlung natna hrang hrang avanga thihna hi thihna zawng zawng aiin a chanve aia tam a ni a, chu chu a pung zel a ni. Chutiang natna laka damdawi awmsa zawng zawng chu conjuring measures chauh a ni. Taksa chu rulhut (poison) pein, nerve-te tithinur emaw, a lehlamah emaw, thinlung hnathawh tichaktu emaw hmangin, thil nung chu a chakna la awmte chu an hloh a ni. Doctor-te chu heart-stroke vei ber an nih thu hi hmu rawh. Mahse, natna zawng zawng zingah chuan rilru lam natna hi enkawl awlsam ber a ni. Raw-Veganism hian chutiang awmze nei lo mipui thah zawng zawng chu a titawp vek dawn a ni.

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Kar tlemte emaw, thla engemaw zat emaw chhunga heart-stroke vanga thi tur damlo chuan thilsiam danah inhumhimna zawngin tûn laiah raw-eating-ah a inthlak a nih chuan, a dinhmun chu zan khat thil thuah a ÿhat thuai thuai ang. Ni hmasa ber a\ang khan a thisen kalna kawngte chuan an bawlhhlawh chu a hloh nghal vat ang a, a thisen kalna kawngte bakah a thinlung leh a valve-te bangte chuan active cells complement thar nen nunna thar an nei ang a, zawi zawiin an elasticity leh firmness dik tak an neih leh theih nan. Chuvang chuan kar tlemte chhunga thih ai chuan raw-eating lama mi thar hian kum 50 emaw a aia tam emaw chhung nun hrisel tak neih chu rintlak takin a thlir thei dawn a ni. Zawhna chu kar tlemte damlo nun chu kum zabi chanve chhung nun hrisel hmanga thlak a nih chuan, kan thinlungah hian inhnialna a rawn lut tur a ni lo. Thihna chu rang leh beisei loh anga ngaih chu a finthlak lo. Sa leh chhangphut chi hrang hrangte chu rinhlelh loha tuartu kâa a luh ka hmuh hian a thinlung bang leh a thisen kalna kawngkhar-a lo awm thuai tûr degeneration chu ka mitthla a, chu chu a hun apiangah heart-stroke a nih ka beisei ÿhin.

A tlangpuiin natna thlentu bulpui pali a awm a, chungte chu: 1. Cell hrang hrang awm zat tlakchhamna. 2. Glands hnathawhna atana mamawh raw materials tling lo. 3. Thil nung chhunga thil dang leh parasitic cell awm. 4. Bacteria infection laka cell te resistance chak lohna. Raw-eating hian a tir atang rengin heng chhan palite hi a do vek a, natna buaina chinfelna dik tak a pe a ni.

Mahse, raw-eating hun hmasa lamah chuan cooked-eating addict-te chuan harsatna hrang hrang an tawk fo a, chu chuan ngaihtuahna nei lote chu natural foodstuffs hian taksa a tichak lo va, hriselna a tichhe thei tih ngaihdan dik lo a siam thei a ni. He ngaihdan dik lo hi tunlai mipa hian hun rei lote a thlir dan finfiahna langsar ber a ni. NATURAL nutrition hi UNNATURAL leh chhiatna thlen thei thilin a zui thei tih ngaihdan mai mai hi ngaihdan awm lo ber a ni a, chu chu vawi khat atan kan ngaihtuahna atanga hnawhchhuah a ngai a ni.

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A pian chhuah a ngai a, kilo 40-50 aia tam atanga mipa kilo za zeta rit chu mi dik lo ta a ni a, chu chu a hmin nghal ang a, a natna cell, thau, concretions leh poisons te nen chuan thisenah a tlan lut ang a, chutiang chuan taksa atanga thil chhuak hrang hrang hmangin a chhuak thei ang bawlhhlawh, zun leh thawmhnaw te. Zun leh thisena thil dang a hmuh chuan, mitdel mi chuan thilsiam ei tur atanga siam niin a ngai ang a, a nihna takah chuan mi dik lo taksa tenawm tak atanga lo chhuak a ni a, chu chu zawi zawiin a bo vek a, chu thil nung chu chatuan atan a chhuahsan ta a ni . Chuvangin raw-eating lama inthlakna hi medical science-a tehfung pangngai hmanga thunun a ngai lo va; chu ai chuan, rintlak takin thilsiam dânte hnuaiah kan intukluh a, a rah chhuah hnuhnung ber chu dawhtheihna leh dawhtheihna nên kan nghakhlel zâwk tûr a ni.

Chumi hun chhung chuan flatulence symptoms a lang thei hle a, . intestinal na, lu na, luak chhuak, general debility, leh a dangte. Thil engemaw takah chuan zun a hrual thei a, ke a hring thei a, taksaah vun a lo lang thei a, vun hmun thenkhatah a vawt a, a hring thei bawk. Heng zawng zawng hi tihthianghlimna leh tihdamna kalphung a nih avangin engti kawng mahin "riltam" tih hriatnaah hian a tlu tur a ni lo va, Siamtu finna chungchanga rinhlelhna tibuaituah chuan zanriah "nutritious",-"fully-balanced" proteins leh "irreplaceable" amino acids te tanpui nan. Chutianga ti thei tur khawpa â a nih chuan heng chhinchhiahnate hi vawi khatah a bo vek ang a, mahse a hriselna a tichhe dawn a ni. Chutah chuan mi der chuan thlamuanna a thawk chhuak ang a, mi tak tak âtna chu nuihzat chungin nun thar nen vawi khat chu a lo thang lian tan leh ang.

Chutiang chhinchhiahna chu mimal pakhatah a lo awm dan leh a nasat danah a inang lo va, thil engemaw takah chuan a awm lo vek thei bawk. A tlangpuiin, tar leh taksa ruhroah chuan an na hle a, thalaiah chuan an nem a, naupang piang tharah pawh an awm lo vek a, chu chu a pangngaiin an lo seilian tan dawn a ni. A tlangpuiin, mi thau lutuk taksaah chuan mi dik lo chuan a rit lutuk pressure hnuaiah mi tak tak chu a hrual a, a tichak lo hle a, "vun leh ruh" tih loh chu a la awm tlem hle. Raw-eating hun hmasa berah khan

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chutiang mi rit chu a tlahniam nasa hle ang a, inthlak danglamna dik tak hrethiam lote chuan an khawngaih tan ang.
Mahse hei hi thil thleng tak takte thlalak langsar tak mai a ni.
Raw-eater taksaah chuan mi tak tak chu, a nihna takah chuan, ni hmasa ber atang khan a thau chho tan ta a, mi dik lo chu a chhuahsan hnuah chuan a rihna pangngai a thlen hma loh chuan a thau zel ang . Mi rilru na takah chuan mi tak tak taksa rihna tihpun chuan mi dik loin a tawrh hloh chu a counterbalance ang a, chutiang chuan a tir atang rengin net gain in weight a awm ang.

Hetiang mipa tak tak thanlenna hi naupang hring, vun hring leh chak lo tak takah chuan a rang hle. Naupang raw-eating chu an cooked-eating playmates ang maia chubby-eating leh podgy- legged an nih kan beisei tur a ni lo, plumpness hi mi der chhinchhiahna a nih avangin. Naupang raw- eating chu an slim, sinewy leh muscular an ni ngei ang. Nu leh pa rilru pangngai tak takte chuan an fate thau lutuk chu hriat lohna mai mai hmangin an lawm a ni.

Raw-eating lama ka inthlak hmasak ber khan ka organism-ah hian tihthianghlimna kawng zau tak a intan a. Ka chak lohna chhinchhiahna engmah ka nei lo a, mahse ka rilruah natna ka tuar a, ka kut zungtang leh ke ruh inkar chu a lo vawt tan a, chu chu a rawn chhuak leh a, chu chu ka taksaah vun a rawn chhuak a, ka ke hmun thenkhatah chuan vun a rawn chhuak bawk a vawt a, flakes-ah a peel off bawk. Ka ke, chutih hun thlenga tlem a lo hring fo thin chu rang takin a hring lutuk a, he hliam hi a reh theih nan thla tam tak a ngai a ni. Tichuan rei vak lo hnuah ka zun chu a turbid khawp mai. Chumi hun chhung zawng chuan ka nunah ka kal tawh zawng zawng aiin kea kal rei zawkin ka exercise a. Ka tan chuan a chiang khawp mai, natural nutrition leh physical exercise pressure chhunzawm zel hnuaiah chuan kum 50 chhung zet cooked-eating ka neih chhunga ka thisen kalna leh ruhkawr-a concretions lo awm tawh chu a lo hmin tan a, a bo tan ta a ni. Ka rinnaah ka chiang lehzual theih nan raw-eating chu ka chawlhsan nghal vek a, ni thum chhung chu sa ei tur chauh ka ei ta a ni. Ni khatnaah chuan ka zun turbidity chu a tlahniam a, ni hnihnaah chuan a hnuhma tlemte chauh a awm a, ni thumnaah erawh chuan a bo vek thung.

Raw-eating ka tih leh chuan ka zun chu vawi khat chu a turbid leh ta a, mahse

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a hmaa a nasat dan ang kha a ni lo va, kar tlemte chhungin a lo thianghlim zauh zauh bawk. Ni thum chhunga cooked-eating ka neih hian ka organism thianghlimna rate chak tak chu a ti hniam niin a lang. A nihna takah chuan chutih rual chuan thil hmuhchhuah dang ka nei leh ta a ni. Chaw chi (salty foods) nena tui in in chuan ni khat chhungin ka taksa rihna chu kilo thum zetin a tipung a. Vanneihthlak takin raw-eating ka ei leh hnu ni linaah ka taksa rihna hluiah ka kir leh ta a ni.

Raw-eating lama recruit thar tan chuan hearty neih hi a tha mai thei thla engemaw zat chhunga thil siam ei loh hnuah repast. Nutrition system pahnih a khaikhin chuan a kawng thlan chu a dik tak zet tih a chiang zual sauh a, chu mi hnuah chuan experiment chu tih nawn leh chu a mumang a nei tawh lo.

Ka ke ruh na tak chu thla engemaw zat chhungin a liam zauh zauh a. Chutih rual chuan hun rei tak chhunga natna hrik lo deuh thenkhat ka vei bawk a; hengte pawh hi kum engemaw zat hnuah an reh a, a tawpah chuan an bo vek ta a ni. Chutiang chhinchhiahna ang chiah chu a tam emaw a tlem emaw, raw-eater tam takah a lang a, khawvel hmun hrang hrang atangin an chanchin min ziak thin.

Chu aia pawimawh zawk chu ka piles bo kha a ni. Chronic hemorrhoids chuan kum 15 emaw, kum 20 emaw vel chu chawlhna leh chawlhna min pe lo. Nitin, a châng chuan ni khatah vawi hnih ka thawmhnaw hnuai lam thlak ka ngai ÿhin. Inflammation chu a reh ngai lo va; pus, mucus leh thisen chhuak chhunzawm zel a ni. Raw-eating lama ka inthlak hnuah pawh, ka chaw ei kawng hnathawhnaah regular taka rawn luhtir tawh mah ila, ka piles dinhmun chu a danglam lo tluk a ni. Taksa lama theihtawp chhuah apiang emaw, kea kal awlsam tak hnuah pawh, thinrimna chu a nasa hle a, a chang chuan, a pianphung inthlak danglamna avang hian, piles te hian raw-eating and that in.-ah an inpe duh lo mai thei tih ka ngaihtuah fo thin a tawpah chuan surgical operation-a inpe turin ka inpe tur a ni a, a tawpah chuan. Mahse, chutih rual chuan thilsiam thiltihtheihnaah chuan beiseina ka hloh ngai lo. Tin, dik tak chuan thla engemaw zat hnuah chuan dinhmun chuan hmasawnna chiang tak a lantir tan ta a ni. Nitin thinrimna chu kar khatah vawi hnih, chutah kar khatah vawi khat, thla khatah vawi khat-ah a inthlak leh a ni

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tin, a hnuah pawh thla hnih emaw thla thum emaw danah vawi khat, a tawpah chuan enkawlna chu a hlawhtling em em a, vawiinah hian, hemorrhoids pawh ka vei tawh tih ka hre lo tak zet a ni. A bik takin nitin buhfai hring salad ka ei tan tirh khan a damdawi chu a rang hle. Tunah chuan heng dinhmunte hian thutak pawimawh ber nen min hmachhawn ta a ni.

Piles hi rectal walls elasticity chak lo leh bowel hnuai lam tawp lama veins distention vang a ni tih hi hriat lar tak a ni. Raw- eating hmanga piles tihdamna hi, organism chhunga cell chhe tawhte chu active cell-in a thlak danglam avang hian hun kal zelah intestine leh thisen kalna kawngte chu a thar zauh zauh a, a tul anga elasticity leh firmness a nei tih finfiahna a ni . Chu aia pawimawh zawk chu he thil hi a rualin intestines, stomach, veins, capillaries leh nerves-ah te, organ leh gland tinah te pawh a rualin a thleng thin tih hi a ni. Phên dangin sawi ila, cooked-eater-a organism mumal lo leh natna nei chu cell naupang, specialized leh hrisel tak takte complement thar nen a lo awm leh vek a ni. Raw-eating hmanga sexual power tihpun hi mi zawng zawng tan mak tih tur a ni ang, mahse sexual activities-ah chuan strict moderation hi kan firm principle a ni tur a ni. Sports lamah chuan raw-eater te hian record thar leh a hmaa la awm ngai lo an siam dawn a ni. Hetah hian kum tam tak chhunga alchemist-te mumang, nunna elixir chu hmuh tur a awm a ni. Damdawi hmanga darkar tlemte chhunga thil hmuh chhuah (conjuring effects) an ni lo va, thil nung pum pui siam thar lehna hmanga natna tihdamna atana thil pawimawh tak takte an ni.

Organ emaw, gland emaw cell te chu a pum puia hmanral vek a nih loh chuan, natural nourishment chuan cell thar piang chhuakin an cell complement pawimawh tak chu a siam tha leh thei a, chutih rual chuan cell natna leh tangkai lo awmna chu a paih chhuak thei bawk. Mahse, taksa peng chhe tawh, ha chhe tawh ang chi chu a dinhmun hluiah hruai kir leh theihna tur kawng a awm lo tak zet a ni.
Chuvangin, hriselna lam thilah chuan hun sawn hlat hi a hlauhawm hle.

Chaw eitu chu a taksa peng leh gland hmun ngaa ÿhena hmun khat aÿanga hmun sawma ÿhena hmun khat hnathawhnain a nung a, chuti chung pawh chuan a kea ding thei a nih chhung chuan hrisel takah a inngai a ni. Chu aia pawi zawk chu, tihbo hlauhawmna hi a ni

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chu hmun sawma ÿhena hmun khat pawh chu Damocles-a khandaih ang maiin a chungah a innghat reng a, a bik takin zanriah "ÿha" tlemte a ei tawh chuan.

Cytologist-te zirchianna atanga a lan dan chuan indolent cell bakah hian mihring taksaah hian multinucleated giant cell (polykaryocytes), unnucleated over- sized cells (megakaryocytes), leh degenerate cell chi hrang hrang hmuh a ni. Chutiang cell chu "normally" chuan taksa peng leh gland zawng zawngah a awm a, chaw ei tawhte thisenah pawh a awm bawk. Research scientist-te chuan hengte leh ei leh in ngainatute taksa peng hrang hranga aberration dang tam tak hmutu te chuan "normal" emaw "natural" occurrence anga ngaih an ngai a ni.

Natural foodstuffs hi digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia tam a awm lo va, digestive organs-ah hian digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia tam a awm lo va, digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia tam a awm lo va, digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia tam a awm lo va, digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah darkar tlemte aia rei a awm lo va, digestive organs-ah hian darkar tlemte aia rei a awm lo emaw ni li emaw, a châng chuan kar tam tak emaw a ni thei bawk. Tunah chuan, an thih hnu lawkah rannung cell-te chu an chhe ÿan nghal a, chutianga an tih lai chuan rimchhia chi hrang hrang tam tak an chhuah chhuak tih chu thil hriat lar tak a ni. Chuvangin chaw chhum tawhte dawhkanah chuan ran chaw ei tur rimchhia awm lo a awm lo. Chuti a nih chuan, mihring pum chhunga ni li zinga ni thum chhung 38°C temperature-a a awm hnuah pawh thil mak a ni lo. ran chawte chu rulhut (poison)-ah a chantir vek a ni. A châng chuan he kalphung hi a kal zel a, chu chu an intestine bang an tihchhiat hnuah leh pus, mucus leh thisen tam tak nena an inhmeh hnuah chauh chuan organism chu an chhuahsan thei a ni. Ni hnihnaah chuan damlo chuan a pum chhungah natna tlem a nei tih a complain a. Doctor-te chuan mihring pum chu sa chi (salted sa barrel)-a chantir duh ang maia chutiang thil chhe lo awm lo turin table salt hman an rawt a ni. Mi rintlak tak takte chuan naive takin pumin a pawm awlsam apiang chu a tichhe thei lo tih an ring a; chutih laiin, buhfai polished, chhang var emaw, ei tur zawng zawng zinga hlauhawm ber sugar emaw chuan pum chhungah engmah a ti nghal lo. ÿhenkhat phei chuan nutrition hian mit, vun emaw, nerve emaw nena eng inzawmna nge a neih theih ang tih an ngaihtuah hial a, taksa peng eng pawhin raw materials tel lovin a hnathawhna a kalpui thei ang maiin. Tunah chuan, eng substance-ah n

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chhang var, sugar emaw clarified butter emaw mit êng pe thei emaw, nerve hnathawh mak tak takte buatsaih thei emaw? Mite chuan nervous diseases awm chhan sawifiah nan hypothetical conjecture chi hrang hrang an hmachhawn a, mahse thil pawimawh ber — nerve-a raw materials supply-te property te chu an ngaihven lo hle.

Mihringin Natna hrik laka a do theihna chu a chak lo hle Generation atanga Generation thlengin

Natna hrik kai theihna hlauhawmna chu a chhunzawm zel a ni tlahniam hi fallacious an ni. Chaw ei (cooked-eating) avang hian mihring cell-te chuan microbes laka an do theihna chakna chu an hloh zauh zauh a, a pawi zawk chu, chu thiltihtheihna chu thlah khat atanga thlah dangah an hloh chhunzawm zel a ni.

Hemi chungchangah hian Soviet scientist lar tak IV Davydovsky-a ziak, kum 1956-a tihchhuah "Pathological Anatomy and the Pathogenesis of Human Diseases" tih aÿanga thu tlemte ka rawn tarlang duh a ni.
A sawi dan chuan: "Homo-sapien (anthroponoses)-a hri kai bik engemaw zat a awm a, chu chu, a nihna takah chuan, rannungah a thleng lo a, chutah chuan apes hmasawn ber berte pawh an tel. Scientist-te chuan anmahniah chuan chutiang infection-te experimental example-te chu an inducing hlawhtling lo emaw, an hlawhtling lo emaw a ni a nih loh leh, an zinga tlemte chauh (typhoid, cholera, malaria, meningococcal meningitis, influenza, measles, jaundice, diphtheria, scarlet fever, pneumonia, rheumatism, sepsis, gonorrhea, furunculosis, appendicitis, leh a dangte) nena inmilna hla tak tak an hmu thei a ni chungah).

"Zonoses leh ornithonoses (ran leh vawk natna) te chu."
mipaah a thleng a, chu chu hydrophobia, encephalitis, brucellosis (Malta fever), psittacosis, smallpox, plague, tularemia, anthrax, trichinosis leh a dangte a ni a, dan angin, an natna lan chhuah dan bik chu mihring tana thil danglam tak a ni a, rannungah erawh chuan a chang chuan an nei ve tho chutiang symptoms te chu hla tak tak reproduction chauh an lantir."

Chutiang chuan rannung zawng zawng, mihring pi leh pute, sakeibaknei te pawhin mihring natna bik an vei lo mai ni lovin, research scientist-te'n tumruh taka chutiang natnate chu experimental atana an kai tumna pawh an chhang lo niin a lang. Chumi nêna inkalh takin, .

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rannung leh savate tana bik tak, mahse an taksa peng hrang hranga awm reng chung pawhin a tlangpuiin a nghawng lo bacteria a awm a ni. Mahse, mihringah a kai chuan chu bacteria ngei chuan a rapthlak ber leh chhiatthlak berin a kai ta a ni. Chumi bakah chuan rannungte hi natna khirh tak tak zawng zawng lakah an him lo tih hi kan belhchhah a ngai a ni.

He inthlauhna langsar tak awm chhan hi eng nge ni? Hetah hian mihring leh rannung danglamna chu eng nge ni a, "civilization" dan anga mahni chaw ei a, a ke hrual chunga a desk-a hahdam taka thut a nih loh chuan eng nge

ni?..?..?..

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a hlauhawm khawp mai. Davydovsky chuan heti hian a ziak a: "Bacteria inthlak danglam dan chungchanga tunlai data thlir hian nonpathogenic bacteria an tih atanga natna thlen thei bacteria siam chhuah a ni thei tih postulate hi thil tak tak nena inhnaih takah kan ngai tur a ni. Chutiang chuan typhoid, paratyphoid leh dysentery bacilli te hi a lo chhuak thei a ni," a ti intestinal bacilli a\angin;diphtheria bacilli tak tak chu bacilli dik lo a\angin a lo piang thei a ni.Chutiang metamorphoses chu cocci chi hrang hrangah te, anaerobes-ah te, plague leh tuberculosis bacilli-ah te leh microorganism dangteah te a thleng thei a ni. Auto-infection hi a bik takin mihring taksa, vun leh mucous membrane-a cheng pangngaite chhiatnaah a tak tak a ni."

Natna hrik kai tam takah chuan hri kai theihna finfiahna a awm lo. A tlangpuiin, natna hrik kai zawng zawng hi mi chak lo tu emaw thil nung nalh takah a lo lang hmasa ber a, chu chu mi dangte hnenah a kai leh thin. A nihna takah chuan chutiang thil nung zawng zawng hi natna thlentu bacteria thehdarh leh darh chhuahna atana factory hlauhawm tak an ni. Chutiang factory chu raw-eater zingah hmuh tur a awm lo. Chuvangin raw-eater khawvel hi natna hrik kai zawng zawng lakah chatuan atan a fihlim dawn a ni.

Davydovsky-a'n auto-infection chungchanga a ngaihdan chu hetiang hian a khaikhawm thei ang: "Kan taksa chhunga auto-infection kalphung lo chhuahna hmunpui berte chu: ril, tonsils, vermiform appendix, large intestine, conjunctiva, bronchial tubes leh." the urinary passages.A auto-infectious diseases te chu: hnar catarrh, pharyngitis, colitis, dysentery, bronchitis, pneumonia, cystitis, pyelitis, nephritis, mit natna, vun natna inflammatory,

furuncles, carbuncles, otitis, cholecystitis, ruh natna, nau neih hnua natna hrik te endometritis, leh a dangte pawh a awm. FG-in data a pek dan chuan Barinski (1949) chuan scarlet fever vei zawng zawng zaa 50 leh diphtheria vei zaa 15 chauhah direct contact a awm thei a ni. Phên dangin sawi ila, diphtheria vei zawng zawng zinga a tam zawkah chuan hri kai hi pawn lam atanga lo chhuak a ni tih finfiahna a awm lo. Hetah pawh hian . Exogenous infection te chanvo chu a tlahniam zauh zauh a, endrogenous infection te tan hmun a chang ta a ni. Engmah awm lovin

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rinhlelhna chu nakin lawkah chuan, a pawimawh ber chu auto-infection-te hian an chang tak zet tih hriat a ni ang, a bik takin, taksa lam mechanism leh dinhmun danglam tak takte awmzia sawifiah theihna tur hriatna tul tak tak kan la neih kim loh avangin cell leh bacteria te infection dinhmunah an insiamrem dan pangngai (normal symbiosis) a ni.

"Natna hrik kai chhan (aetiology) chungchangah chuan kan kalsan a ngai a ni." Koch, Ehrlich leh Pasteur-te hun laia pawn lam leh chhung lam media-a microorganism-te 'pathogenic' nature chungchanga ngaihdan an lo ngaihtuah tawhte chu. A awmzia kimchang takah chuan bacteria te ngei pawh hi natna thlentu an ni lo va, chu chu organism pek chhunga hun bituk chhunga awm, a regulative system leh nervous mechanism-a buaina awmte nena organically inzawm tlat, physiological correlations te hi a ni. Nature-ah hian 'pathogenic' microbes bik a awm lo va; mahse, normally resistant subject-a susceptibility tipungtu thil tawp a awm lo va, a lehlamah pawh a awm lo."

Heng zawng zawng atang hian thutlukna pakhat chauh kan siam thei a ni. Natna hrik kai theihna chhan dik tak chu microbe ni lovin, thil nung biological process pangngai dinhmun chhiat vang a ni. Microbes hi a awm tawh a, an la awm reng a, chatuan atan an awm reng dawn a ni. Anmahni tihchhiat leh tihboral tumna campaign hi sheer madness a ni. Natna thlentu tak takte mit del a nih avang hian mihringin a dona theihna (organic power of resistance) chu a tlahniam zauh zauh a, mihringte chuan pawn lam atanga hri kai lo chhuak tur chu an nghak tawh lo va, an taksa chhunga bacteria lo awmte lakah an thi ta zawk a ni . Mihring taksaah hian rannung râpthlâk ber berte chunga chhiatna thlen thei lo bacteria ngeite chu sa, chhang, butter leh sugar aÿanga siam cell chak lo, hlutna nei lo, thawk thei lote nen an inhmachhawn si a. Chuvângin, chu cell-te chungah chuan an tlu mai a, duhthusam takin an ei mai mai chu thil mak a ni lo. Mi fing chuan a taksa chu chutiang cell tangkai lo tak takte chu a tifai vek tur a ni a, chu mi hnuah chuan microbe tumahin thei ropui tak tak, nut leh cereal atanga lo piang chhuak tawh cell thalai, chak leh chak tak takte chu an hnaih ngam lo vang. Hetah hian, a dik tak chuan, "a pangngai tidanglamtu taksa lam mechanism leh condition-te thupui ber chu a awm a ni."

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symbiosis of cells and bacteria into a state of infection," tih hi Davydovsky-a'n a sawifiahna a pe thei lo.

Antibiotics te hi therapeutic agents anga an chanvo hi hun eng emaw chen atan a ni a, bumna a ni. Mite chu an chungah an beidawng zauh zauh a. Bacteria hnathawhnain nghawng a neih chu hun rei lote chhung chu neutralize-in, cell-te chu an tichak lo va, a hnuah infection chak zawk neih theihna tur kawng an hawng ta a ni.

Antibiotics chungchangah hian intihhlimna tawn ber ka nei a. Natural nourishment tlakchhamna avang hian ka fate hian auto-infection leh auto-intoxication avanga khawsik mumal lo, awm reng an tuar fo thin a, an temperature chu 37.8°C inkar a ni tlangpui. leh 38 °C a ni. Ka fapa chu Paris-ah ka hruai a, chutah chuan "specialist" langsar ber berte enkawlnaah ka dah a. Vanduaithlak takin antibiotics hmanga thliar hran loha enchhinna hmangin an temperature chu 40- 41°C thlengin an tisang a ni. tin, a thinlung leh a kal a tichhe a, a tawpah chuan an that ta a, a natna chu an hre thei lo.

Ka fanu chungah pawh chutiang chiah chu a thleng a, mahse chuti chung chuan tharum thawhna nasa zawk, kum hnih hnuah. Hamburg-a Anscharhohe Children's Hospital (Kinderkrankenhaus Anscharhohe)-ah ka dah a, chutah chuan Dr. Wolfgang Tiling pakhat chuan ka fa rethei tak chungah mihring nihna nei lo ber ber experiment a ti a. Nitin thisen tam tak a la chhuak a, chu chu laboratory test hrang hrangah emaw, rat leh rabbit rethei tam takah a inject emaw a, chu bacteria tihpunna hmangin natna thlentu tak tak, mahse eng nge ni tih hriat a duh niin a inlan a ni a clinical examination danglam takah chuan a hre thei lo. Ka fa temperature a san poh leh antibiotics pek zat chu a lian zawk a, an chi hrang hrang pawh a inang lo zawk bawk. Antibiotics dose tihpun a nih chuan temperature a sang chho zel a, 39°C inkar a inthlak danglam zel thlengin. leh 41°C a ni. tin, nephritis chhinchhiahna chu nasa takin a lang chhuak bawk. A "scientific" tihna hmang hian natna hi a lo awm chak zawk a, a "normal" hun chhung kum li chhung chu thla khat chauh atan a tihtlem ta a ni. Naupang chu dummy angin a ngai a, rinna dik loah min ti hlauhawm hle

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cortisone pek loh emaw, internal biopsy tihsak emaw a nih loh chuan kar khat aia rei a dam dawn lo tih a sawi.

Chutih lai chuan Bircher-Benner-a German tawng ka hmu a treatise tih chu "Ei leh in lama natna" ("Ernahrungskrankheiten" , Erster Teil, 1933) tih a ni. Chu damdawi in atang chuan ka fanu chu ka hruai chhuak nghal a, natural nutrition enkawlnaah ka dah ta a ni. Magic wand thlipui rang tak karah chuan ka fa temperature chu 37°-37.5 °C velin a tlahniam ta a ni. tin, a zun zat pawh 200m1 aÿangin ni khatah litre hnih-ah a pung bawk. Kar khat chhungin a ding chhuak a, chu doctor thinlung nei lo tak tan chuan kawngkhar hawng turin pindan chu a kal pel a, chu doctor chu a bengchheng hle a, mualphona a hlau em em bawk a, chuvang chuan chhanna awm lo pakhat emaw, chhan dang emaw hmangin damdawi in copy min pe duh lo record leh clinical examination te a awm bawk.

Naupang chu purely raw-eating diet hmangin ka chawm chhunzawm zel a nih chuan vawiin hian a la dam ngei ang. Mahse chutih lai chuan raw food hi therapeutic means ah ka ngai a, artificial vitamins ah hian rinna ka la nei reng a ni. Dr. Bircher Benner-a Private Clinic-a nutritional system hriat chian tumin naupang chu Hamburg atangin Zurich-ah ka hruai a, chu sanatorium-ah chuan ni 23 chhung ka dah a. Hetah hian ka sawi thei ang, a chhan chu, vanduaithlak takin Dr. Bircher Benner-a thih hnuah chuan a ei leh in kalphung chu chaw siam, bawnghnute atanga siam, vitamin leh damdawi dangte a rawn luh avangin nasa takin a danglam ta a ni.
Eng pawh ni se, a dinhmun a lo ÿhat thuai avangin fuih takin, a hriselna chu a ÿhenah chuan raw nutriments hmangin, a ÿhenah chuan ei tur siam leh artificial vitamin hmangin siam ÿhat theih a ni tih ka ngaihtuah a. Eng pawh nise, a dam chhung chu kum li chauh kan ti sei thei a ni.

Keimah ngei pawh hi mihring, auto-infection hnehna entirnan langsar tak ka ni. Kum 20 chuang zet chu chronic bronchitis ka vei tawh a, kum khatah vawi engemaw zat chu khawsik natna nasa ber nen ka khumah ka mu thin. Mahse, raw-eating hian heng zawng zawng hi a tidanglam vek a, kum sawm kalta chhung khan kum khat chhung chu van boruak zau tak hnuaiah ka mu thin a, a chang chuan thlasik khaw vawt tak, degree 15 emaw 16 emaw-ah ka mu thin a, microbes te chu an hmunah an la awm reng a,

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vawi khat mah ka khuh lo va, khawsik hriatna tlemte pawh ka la hre lo. Thlasik laiin boruak zau takah mut hian huaisenna bik a mamawh lo tih hi ka sawi belh duh a ni. A mamawh chu taksa khuh tha leh boruak thianghlim laka hmai inhawng reng a ni. Chu bâkah, mut theih lohna leh khumah inkhuh loh chhante tihbo nân chaw chhum chu bânsan a pawimawh hle.

Cancer hi Cells Extreme Degeneration avanga lo awm a ni

Natna dang zawng zawngah ang bawkin, cancer thlentu pawh hi thilsiam dan thlirin awlsam takin sawifiah theih a ni.

Cytologist-te chuan cell pangngai leh cancer cell-te insiam dan inang lo tak takte hmuhchhuah tumin zirchianna nasa tak an nei a ni. A tlangpuiin, cancer cell hi cell chi hrang hrang, hna tangkai tak tak thawk thei lo, a tul anga structure leh theihna nei lo an ni tih an hmuchhuak a ni. An thil tum ber chu protein (building materials) ei a, tihpun a ni.

Kan hriat angin mi dik lo cell-te hian chutiang chiah chu an nei a ni mizia te. Mihring dik lo cell-te'n an tawrh chhiatna leh cancer cell-te hi degree khat chauh a inang lo. Thil awm dân chungchângah chuan, mi tak tak chuan mi der cell-te chu a thununna hnuaia dahin a hlawhtling a ni. A organism free expanses-ah a theh darh a, chu chuan cavty hrui hringte chu a luah khat a, a vun hnuaiah a paih a, a cell pangngai nen a pawlh a, chutiang chuan, hun engemaw chen tal chu, sensitive organs leh systems of a taksa chu an nawrna hlauhawm laka fihlim a ni.
Mi zawng zawngin mit chauhvin mi der mass lian tak chu an hmu thei a, a chang chuan kilogram 60-70 vel a rit thei bawk. Chu mass kilo tlemte chu eng gland emaw, taksa peng emaw-ah dah ni ta se, chu gland emaw, taksa peng emaw pek chu a chhuahna pressure hnuaiah chuan a thawk thei lo ngei ang. Chutiang chiah chuan cancer hian mipa nun a titawp thei a ni.

Mihring der cell te chu cancer natna ang bawkin koh a ni tawh into existence chu kitchen-a ei tur buatsaih hmanga siam a ni

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chutiang ei tur ei duhtu anga thawh tum ber. Mihring tak takte invenna kawngah chuan mi dik lo cell-te chuan ruihhlo ngawlvei kawng hmanga taksa chhunga thil awm lo tam tak lut chu an la lut kim thei lo va, chuvang chuan chu thil tam tak chu tum nei lovin a bo ta a ni halral a, lumna mamawh lo takah a chantir a ni. Chutiang ei tur tam lutuk chu zalen taka ei theih nân, mi dik lo cell-te chuan zalênna hmuh tumin, an duhna hmun apiangah awm tûr leh a pum puia inhnim pil tumin an bei a ni. An zînga pakhat emaw, mi engemaw zât emaw an thawhrimna an hlawhtlin chuan, an pu duhâm takin an hnêna a pêk ei tûr chu rin loh takin an ei ÿan ta a ni. Chutiang chuan, cell pawimawh lo pakhat emaw, pahnih emaw a\anga \anin, mihring zawng zawngte chu a hlauhawmna thihpui thei tak kuta vawngtu ramhuai chu a lo piang ta a ni.

Pathological process tam tak zingah hian cell maktaduai tam tak zingah cell pakhat emaw pahnih emaw chauh natnain an thihpui theihna case ang chi hi kan tawk lo.

A rilru luah khat thei tur perspicacity nei mi mit fiah tak chu harsatna bulpui neiin research scientist-te'n an hun, sum leh pai leh chakna an khawhralna zawhna bengchheng tak takte chu ngaihtuah lovin a awm thei lo. Cancer lo awm dan sawifiah nan carcinogenic agents chi hrang hrang 400 vel an tarlang a, chungte chu dietary factors tih loh chu carcinogenesis thlentu bulpui nen hian inzawmna tlem ber an nei lo. Mimal tin hian he zawhna hi an inzawt tur a ni: "Poison, rays, chronic irritations, hliam, kang, virus, nicotine, tar leh agent dang tam tak zawng zawng hian, thil hlauhawm tak angin, cell-te chu an complex chu a tichhe thei vek thei tih chu pawm a ni structure leh an hnathawh theihna, emaw, tihchhiat theihna, tihchhiat theihna, tihchhiat theihna leh tihhlum theihna te, mahse eng kawng awm thei ang pawhin cell pakhat emaw pahnih emaw-ah chutiang khawpa pung chakna nasa tak chu an siam thei ang a, chu chu an ti thei ang, hun rei lote chhungin hun, tihchhiat a, chutah chuan mihring taksa in ropui tak zawng zawng chu a pum puia tihchhiat vek tur em ni?"

Chu thiltihtheihna rapthlak tak chu taima takin a siam a, a chhum a, a buatsaih a, chu thil nung neitu ngei pawhin a tan chuan ramhuai hnenah a hlan a ni

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mahni tihchhiatna tawp ber. Cancer hi cells te a chhe lutuk tih finfiahna nung tak a ni a, chu chu unnatural nutrition avanga thil thleng pumpelh theih loh a ni.

An chhui lai hian scientist-te chuan cancer thlentu dik tak chu an hmachhawn fo thin. Hnial theih loh finfiahnate chu an kutah an keng a, rei vak lo an en a, an nemnghet hial a, mahse, ei leh in kalphung awmsa tihdanglam chungchanga zawhna chu ngaihtuah tur a lo chhuah apiangin, mak ti takin an mit an chhing a, vur tla ang maiin, leh rei lo te pawh awm lovin an kekawr ipteah an hruai a, a chhan chu an ei leh in lama thil awm lo hmuh an duh loh vang a ni. A bik takin, an ei leh kum tam tak chhunga thianghlim anga an lo ngaih chhang chu sawisel an DUH LO va, dawhkan a thlen meuh chuan a hrualna hmanga tihbawlhhlawh nawn leh a ni tawh tih chu rei lo te chhung ngaihtuah lovin , sifting, kneading leh baking te a ni.

Cytologist-te chuan cancer hi thil danglam bik leh hnathawh theihna nei lo cell hmanga lo awm a nih thu chiang takin an hmu a, chutih rualin an ngaihdan chuan mi hrisel tia sawi cell zawng zawng (unnatural nutrition atanga lo chhuak ni mahse) chu a bul berah chuan a awm vek a ni cell puitling leh famkim tak takte chu a hnuah carcinogenic agents thenkhat nghawng avang hian an nihna pangngai chu an hloh ta a ni. Phên dangin sawi ila, a siam chhuahna lama chhiatna awmte chu factory-a mechanism dik tak awm lohna chu casual factor zawng zawng nen a inzawm a, mahse chu factory-a in sakna hmanrua supply-te nen emaw, raw awm dan leh quality nen emaw pawh inzawmna engmah an nei lo thil siam chhuahna atana thil tulte. Chaw ei zawng zawngte taksa peng hrang hrangte chu an insiam dan leh hnathawh dan dik tak hloh tawh cell maktaduai tam takin a chim vek tih an hmu DUH LO. Tunah chuan Cowdry-a "CANCER CELLS" a\anga thu tlemte ka la chhuak ang a, chuta tang chuan chhiartute chuan a chhan dik tak chu eng ang taka chiang leh chiang tak nge a nih tih chiang takin an hmu ang
cancer an ni.

Cowdry chuan heti hian a ziak (p.11): "An hmahruaitute specialized service function pum pui emaw, a then emaw hloh chuan, cancer cell-te chuan chu hnathawh bik siamtu structural features chu tehfung khatah an hloh vek a ni

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thei. Structure chu function awm lohnaah chuan a awm reng theih loh ang bawkin, a inmil structure awm lohnaah pawh function chu vawn reng theih a ni lo." Cowdry chuan cancer thuruk chu vawi khat atan a chinfel theihna tur thudik langsar ber chu a belhchhah theih loh phah a ni.

Chu chu, structure leh function vawng reng tur chuan raw materials hi thil pawimawh tak a ni a, chu RAW MATERIALS chu COOKED MATERIALS-a an chantir hunah chuan structure pakhat mah enkawl a ni dawn lo va, function pawh a awm lo vang.

Cell-te than dan pangngai atan Cowdry chuan Rusch-a thusawi chu hetiang hian a tarlang a: "Normal primordial cell-ah hian potential mechanism tam tak a awm a, chu chuan a tawpah chuan differentiation a tichiang a ni. Heng mechanism te hi constituent-te hian quantitative level engemaw zat an thlen chuan functionally active an ni ta a ni" (p. 15). Cancer-a a inthlak lai hian "Carcinogens hian cell hnathawh bik pakhat emaw a aia tam emaw a tidanglam thin. Chumi atanga inthlak danglamna chu rochun theih a ni. Mahse, "Chutiang heritable change tuar cell-te chuan completely autonomous neoplasm an nih hmain accessory factors hloh belh a ngai thei a ni" (p. 17). Cancer hi cell puitling leh specialized atanga siam a ni lo.
"Egg leh sperm hi cell danglam tak tak an ni a, malignant an lo ni lo va, sperm emaw egg cell emaw atanga siam cancer a siam a, chu chu a tlangpuiin tihkhawtlai lohvin an pung a, cell pangngai, nungchang tha tak takte awmna ramte an rawn bei a ni" (p. 333).

Cancer cell-te hnathawh ber chu nitrogenous substance zawng chhuah te, rannung protein ei te, amino acids lak chhuah te, protein pangngai lo siam te leh thil dang ang chi exploit hrang hrang tih te hi a ni. Cancer hi "'nitrogen trap' angin a thawk a, taksa pool atanga amino acids te chu a lama kir lehna tur hriat hlawh tak phal lovin a paih chhuak thin" (p. 39) anga ngaih a ni. Further down it is stated (ibid.): "Cell tha lote nitrogen metabolism hi cell nungchang tha tak tak atanga lak chhuah a, taksa rawngbawlna dik tak, an mamawh em em thilte lak atanga kalpui niin a lang. "Sorely needed" tih thumal hi "EXTREMELY USELESS AND HARFUL" tih hmanga thlak ni ta se, enigma hi awlsam takin chinfel theih a ni ang. Christensen leh Henderson (1952) te chuan amino acid-ah hian a chungnung zawk tih an ngaihtuah a

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carcinoma cells-in a khawlkhawmna "rannung bawlhhlawh takah neoplastic cell than leh punna atana thil pawimawh tak a ni" (ibid.). An ngaihdan chuan rannung hi natural foodstuffs awm loh vang ni lovin amino acids a tlakchham vang a ni.

Cancer cell te hian protein an siam chhunzawm zel a. Cowdry-a chuan a ziak a (p. 152): "Malignancy hi protein siam dan dik lo leh protein pangngai lo siam theihna nen a inzawm nia ngaih a ni fo. Tumor lo thang lian zelah cell substance thar pe turin protein leh nucleoprotein net synthesis chhunzawm zel a awm a, chutih laiin hengte siam chhuahna hi a ni materials in normal nogrowing tissues chu a tlukpui breakdown hmangin a balance a ni." Hmun dangah chuan Caspersson (1950) thusawi chu a tarlang a: "Malignant tumor cell leh a tlangpuiin a lo thang lian cell inkarah hian protein siamna atana system lo thanglian danah danglamna bulpui tak a awm niin a lang. Malignant tumor cell-ah chuan endocellular inhibitory mechanism, chu chuan a tlangpuiin protein siamtu system hnathawh a tikhawtlai a, a tam emaw a tlem emaw chuan a thawk tawh lo va, chu chuan cytochemical picture-ah danglamna bik a thlen a ni" (pp. 10-102). Protein sawi tur hi grape emaw apple emaw atanga protein hmuh ni lovin, kitchen-a chhum emaw, bak emaw, cell pangngaiin an hnawl emaw a ni tih hi sawi uar a ngai em?

Science lama chhui chian belh leh a nih chuan a zat hi cancer cell-a thau awmte chu a pangngai aia sang a ni a, vitamin leh mineral-a thau erawh chu a pangngai aia hniam a ni thung.

Cowdry chuan "Cell, malignant leh a dangte pawh hi ngaihtuah theih loh khawpa complex tak tak mimal tenau tak tak an ni. Anmahni hian biochemical constituent hrang hrang 10,000 vel an nei thei mai thei a, inorganic ion atanga protein leh nucleoprotein complex ber ber thlengin, direct emaw indirect emaw in an inzawm khawm thei a ni," tiin a pawm a ni. ..cell nung chhunga thiltih inthlauhna, chu chu cell nunna pum puia langsar taka lantir chu, heng thilte inkara kinetic interaction buaithlak tak takte engtik lai pawha function a ni tur a ni.Cell eng pawh dinhmun kimchang taka sawifiah tur chuan, pakhat would need to describe in kinetic terms the multiple relationships involved.A aia tam quantitative-a hriat theih a nih loh avangin

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vawi khatah variable tlemte kan hmu thei a, mahse thil awmdan khirh tak zawng zawng thlirna tlemte chauh kan hmu thei. Component system 4 emaw 5 emaw chungchanga mathematical formulations-te hian harsatna nasa tak a thlen a, variable sang tam tak buaipuitute pawh sawi loh" (pp. 151-152). Chutiang chuan kan scientist-te, mihring zawng zawng chanvo chu an kutah a awm a, chu chu infinitesimally little about the structure of cells.Mahse, an hriatna tlem hle chung pawhin, chutiang cell buaithlak tak siamtu nature chu an ngaihthah a, anmahni chhut dan dik tak hmangin chutiang cell-te mamawh dik tak chu an qualitative leh quantitative-ah an hre thei tih mite chu an fuih a ni cells te chu protein, thau, carbohydrate, vitamin, mineral leh a dangte chungchangah a ni.

Engineer lian berin a ruat chu pawm lo va, a finna chu hmusit hmasa phawt a, chutah chuan an factory-ah thil chi hrang hrang siamin min hlan thlengin an kal a ni. An thiltih hi nuihzatthlak nge lungchhiatthlak tih chu chhiartute chuan anmahniin thutlukna siam rawh se.

Research scientist-te chuan sum leh pai tihtlem emaw, ei leh in khapna emaw hian cancer vei leh a lo punna chu a veng thei a, a tlem berah chuan a tikhawtlai tih finfiahna tam tak an khawlkhawm a ni. Indopui pakhatna lai khan chutih laia ei leh in rationing na tak hnuaiah Denmark, Russia, Germany leh Austria ramah te cancer avanga thihna chu indona tawp lama rationing tihtawp a nih hnu aiin a tlem zawk a ni. Hindhede (1925) ngaihdan chuan ei tam lutuk hian he hnu lama thihna pung zel hi a thlen a ni.

Cowdry chuan rannung chunga experiment an neih atanga entirnan a tarlang a: "Mccay (1947) chuan Moreschi (1909) hnenah chawimawina a pe a, a hmaa British investigator-te hnathawh chu a tizau a, ei leh in khapna hian rannungah tumor lian tham a veng thei a, a tikhawtlai bawk a ni," a ti. Moreschi-a'n mice-a a dah sarcoma-te hian ei tur a pek zat nen a inang tlang hle. Restricted diet ei mice te chu an dam rei zawk a, an chhunga tumor transplant chu fully fed mice aiin a harsa zawk.

"McCay leh a thawhpui te hian zirchianna mak tak tak an nei a ni."
rats te chuan ei leh in chakna chu enkawlna atana tling, mahse an thanlenna atana tling lo thlenga tihtlem avangin an tikhawtlai a ni. Chutiang chuan pawl pakhat an nei ta a ni

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naupang ni 700 aia rei leh pakhat dang chu ni 900 aia rei lo puitlin phalsak lovin, chuti chung pawh chuan hetiang chi rat hi a tlangpuiin ni 600 vel a dam rei zawng chu ni 600 vel a ni. Calorie tling pek an nih chuan retarded rats te chu an puitling a, a vaiin ni 1,400 emaw a aia tam emaw an dam thei — an dam chhung pangngai aiin a let hnih aia tam" (pp. 394-395). Hetah pawh hian McCay, Sperling leh Barnes (1943) te sawi dan chuan "tumor lo piang chhuak was negligible in rats that were retarded in growth until after they had been allowed to attain maturity" (p. 396). Chu rats te chu ei tur raw chauh ei tur khap tlat ei ni ta se, eng result mak tak nge hmuh tur a awm lo ang.

Experiment dang an neih leh chuan "normal' diet ei thin rat 198 zingah tumor case 150 a lo awm tih hmuhchhuah a ni a, retarded rat 200 zingah tumor 38 chauh a awm thung — rannungte chu normal diet an tih chu a then an hloh a ni. Until when must man persist in regarding as normal a chutiang zahngaihna tel lo talhna thehdarhtu leh dam chhung vawi tam tak ti tawi thei diet?

Life insurance statistics hmanga taksa rihna leh cancer thihna inzawmna chiang zawka hriat tumin hun hrang hrangah hmalakna a awm tawh a ni. Kum 1913 khan Association of Life Insurance Medical Directors leh Actuarial Society of America joint committee chuan mipa kum 20-62 inkarte lei policy 774,672 chu an buaipui a. Chumi hnuah chuan kum 30-44 inkar insurance la mipa tan chuan cancer vanga thihna rate chu overweighs 37, standard weight 32 leh underweighs 24 te tan a ni tih hmuhchhuah a ni a, 100,000 vela chhut a ni. Kum 45 leh a chunglam pawl upa zawk tan chuan...

corresponding rates chu 156, 144 leh 120 a ni.
Kum 1932-a Union Central Life Insurance Company-in record a zirchian dan chuan, cancer thihpui zat chu a hnuaia mi hi a ni a, za zela 25 aia tam thau lutuk atanga zaa 50 aia thau lo thlengin: 143, 138, 121, 111, 114 leh 95, the figure 111 hian "normal" weight a kawk a ni. Tun hnaiah pawh, Metropolitan Life Insurance Company Statistical Bulletin (1951)-in a tarlan dan chuan, mipa thau lutuk te chu rilru lam natna avanga thihna a ni

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chu standard aiin a chanve vel a ni leh a, zunthlum atanga lo chhuak chu standard aiin a let li vel a ni. Hengte hi mi dik loin mihringte hnena a pek chhuah thilpekte chu a ni.

Kum 1900 leh 1950 inkar khan United States of America-ah chuan rilru lam natna leh cancer vanga thihna pung chu hetiang hi a ni. Kum 50 chhungin cancer vanga thihna rate chu mi 100,000 zingah 64 aÿangin 139.6-ah a pung a, rilru lam natna avanga thihna chu 244 aÿangin 478.1-ah a kai chho bawk. A pum puiin kum 1950 khan mihring 100,000 zinga 803.9 zingah hian thil pawimawh sawm, rilru lam natna leh cancer vanga thi 617.7 an awm a ni. Chu aia langsar zawk chu chhiarpui thar ber berte hi a ni a, kum 1964 sawina a ni a, tunah chuan cancer vanga thi zat chu 151.3-ah a kai chho a, rilru lam natna avanga thihna chu 508.6-ah a kai chho a, a vaiin mi 939.7 zinga 659.9 a ni a chhan. Hengte hi damdawi lam "hmasawnna" rah chhuah mak tak takte chu an ni a; doctor, damdawi in leh damdawi tam tak avanga thil thleng mak tak mai; ei tur "refinement leh purification" atanga thil lo chhuak pumpelh theih lohte. Tuna "hmasawnna" hi kum 50 dang a la awm zel a nih chuan thil awmdan tur chu mi pakhat chuan a ngaihtuah chiang mai thei.

Kum 1964-a United States of America official statistics-ah chuan thihna zawng zawng zinga zaa 1.4 chauh chu "Symptoms, senility and ill-defined conditions" vang a ni. He category-ah hian senility hi ngaihdan mai mai a ni tih chu a chiang a, a chhan chu chaw chhum ei thin zingah chuan tumah tar an thleng lo. Chutih laiin, civilized tak tak dinhmun hnuaiah chuan! accident leh chhiatna thleng lo chuan mihring zawng zawng chu tar tawh takin an thi vek ang.

Natural surrounding-a ramsa zingah hian cancer awm dan hriat a ni lo. Mahse, hun rei tak chhung chu sava mante chu ei tur chhe tawh tak hnuaia dah a nih hnuah cancer ang chi tumor pakhat emaw pahnih emaw hmuh theih a ni. "Cancer a lo awm ÿhin tih finfiahna awm lo vek, thil nung pawl lian ber pakhat chauh chu tuifinriat thuk takah an cheng a ni," tiin Cowdry chuan a puang (p.
196-ah a awm). Hei hi mihring kut tichhe theite hian an neih loh vang a ni

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an hnenah a thleng ta a. An khawvel hi kan khawvel aiin a lian zawk hle tih ngaihtuah chuan an immunity hi a mak zawk a, area leh population lamah pawh a lian zawk a ni.

Kan sawi tawh ang khan an zirchiannaah hian scientist-te chuan cancer thlentu bulpui berte chu an hmachhawn a, an en a, an nemnghet a, chuti chung chuan ngaihsak lo tak tak chungin an kal pel a, an zawn chu thil dang ang maiin an kal pel a ni. "Dietary component thenkhat ei tam lutuk emaw, an awm loh vang emaw hian mihringah cancer a thlen thei tih ngaihdan hian hmun dang atangin a lo thang chho mek a ni."

Rannung ei leh in lama experimental alterations chuan all the cancer awm leh awm loh avanga danglamna" (p. 220).

Natural foodstuffs-in nghawng a neih dan pawh direct-in an hre chiang hle. Cowdry hian he thu hi a sawi chiang khawp mai: "A tawpah chuan thil dik tak a lo chhuak tan ta a, rannung thenkhatah chuan ei tur thianghlim tak tak pek aiin natural foods pek an nih hian tumor lo awm theihna a tlem zawk tih hi a ni. Silverstone, Solomon and Tannenbaum (1952) an hmuchhuak a, Purina Laboratory Chow chiefly natural food ei thin DBA mice-ah benign hepatomas tlem zawk a lo awm tih an hmuchhuak a, semi purified components, a bik takin, casein, cornstarch, partially hydrogenated cottonseed oil, synthetic vitamins leh a mixture of salt.Chubakah, C3H mipa mice-te hnena semi purified diet pek hian benign hepatomas lo awm theihna a tichak a, tumor lo awm dan inang lo hi calorie intake, taksa rih zawng, emaw protein, thau, vitamin leh minerals in the diet. Thuziak tute hian tumor chi dangte pawhin an chhan dan a danglam lo tih ngaihtuah tur a ni lo tih an fimkhur hle a ni" (pp. 403-404).

"Engel leh Copeland (1952) te chuan natural foods (stock diets) pek AES leh Sprague Dawley rat-te hnute hnek atanga an chhuah chuan semipurified diet pekte aiin carcinogen, 2- acetylaminoflurene-in a thlen hnute tumor a nei tlem zawk tih an hmuchhuak. A danglamna chu a nasa hle a ni" (p. 404).

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Chhiartute chuan rinhlelh rual lohvin experimental mice-te hnena ei tur chi hrang hrang an pek chu an hmuchhuak a: thil thianghlim tak tak casein, starch, cottonseed oil, synthetic vitamin leh salt te. Heng thil inzawmkhawm hi research scientist-te chuan "normal diet" tiin an vuah dik lo a ni. Lo atanga cancer nei lo mice za zela 100 an la khawm a, cage-ah an khung a, thil nung rethei tak takte chu naupang "nalh tak" angin an enkawl a, an inbreed a, "normal diet" hmangin an chawm a, thlah engemaw zat hnuah eng ah nge an chantir ta a ni an ti a, "pure inbred strains of mice" an ti.

An sawi dan chuan, chu "inbred strain of mice" te chu special pathologic condition-ah an awm a, chutah chuan strain thenkhat zaa 80 vel chu "a chhan hriat loh" tumor "spontaneous" an vei awlsam hle. Chaw ei zawng zawng hi pathologic condition chi khat chiah chiah an ni.

Tunah chuan scientist-te hian thil tangkai tak tak an ziak thei em tih i lo en ang u a chunga finfiahna langsar tak tak a\anga thutlukna siamte. A chhanna chu vanduaithlak takin negative-ah a awm. Dik tak chuan, Cowdry-a hian data hlu ber berte hnawl chu a hrehawm hle a, chuti lo chuan a chhiartute zingah chuan civilization-a fit anga ngaih, ei leh in chi hrang hrang chhiar sen loh zinga pakhat emaw, a dang emaw chu kalsan mai mai tur khawpa â an ni lo vang. Hei hi a sawi chu a ni: "Ransa chungchanga mihring cancer data siam chhuahnaah hian fimkhur a ngai a, a bik takin ei leh in nena inzawm a ni. Mihring hi riltamna hnaih level-a awm tih loh chu ei tur chi hrang hrang tam tak ei thiam tak a ni," a ti khawvel hmun hrang hrang atanga khawlkhawmte an ni a; chutih laiin rannungte erawh chu tualchhung atanga lo piang ei leh in inang leh awlsam zawkah an insiamrem thung" (p. 220). A ziaktu hi eng ang ngaihdan dik lo lian tak nge a nih tih hi chhiartute hian anmahniin rel rawh se.

"Hetiang mice chi hrang hrang, inthiarfihlim, pampered leh protected, closely inbred strains-ah hian artificially accentuated hereditary susceptibilities to cancer pek a nih chuan engtin nge an zingah hian cancer te hi an lo piang tak tak ang?".. tiin a sawi. tiin Cowdry-a (p. 350) chuan a zawt a, zawhna chhanna a hmu thei lo.

"Mice chi thenkhata organ-specific hereditary susceptibility chak tak hriatchhuah hian cell-te hi an vei theihna carcinogens awm dan kan hriat lohna a tilang chiang hle. Heng mice te hian cage-ah hian awmna hmun him tak an kaihruai a. Air- conditioned-ah an dah tlangpui

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room leh an ei leh in pawh mak tak maiin a awm reng a ni. Physical emaw chemical emaw biological carcinogens hriat tawh engmah an tawk lo" (pp. 349- 349-350 a ni). Cowdry chuan tumruh takin a mit a chhing a, chu chu physical, chemical leh biological carcinogens tak tak chu amah ngeiin chutiang mice rethei tak takte tana a siam chhuah condition tak tak chu a ni. Chung zingah chuan an pianphung leh chaw ei tur laksak te, khum hmun hla takah dah hran leh khar te, inkhuar, pampering leh venhim te, artificial-a inbreeding te, air-conditioned room-a tihbuai loha dah te leh casein, cornstarch, cottonseed oil, synthetic vitamin leh salt te a awm bawk.

Hmun dangah chuan Cowdry hian experimental data table pahnih a rawn keng a, (a) dietary protein leh essential amino acids leh (b) dietary B vitamins te tihdanglamna hmanga cancer lo awm dan tur siamthatna a lantir a ni. Chumi hnuah hetiang hian a sawi a: "Vitamin leh amino acid pawimawh tak takte hian cancer siamchhuahna a tidanglam thei a ni... Heng leh thil hmuhchhuah dangte sawifiah hi thil harsa tak a ni. Chu ei tur thil chi khat (particular dietary substance in deficiency or excess) chuan a awmna tissue-ah direct-in hna a thawk tih ngaihtuah tur a ni lo neoplastic inthlak danglamna chu a thleng thin" (p. 401). Hei hi data awmsa hnawlna a ni tih a chiang hle. Factory pakhat hnathawh dan lungawithlak emaw, lungawithlak lo emaw chu a hnena pek raw materials inremna emaw, inrem lohna emaw nen hian inzawmna a nei tur a ni lo tih sawi nen a inang a ni.

"Heng thil hmuhchhuah chungchangah hian mihring tan cancer venna ei tur engemaw zat siam chu a hun hma lutuk ang, Greenstein (1947)-a'n dik taka a vaukhân tawh angin," tiin Cowdry-a chuan a ziak a, chutah chuan heti hian a sawi belh leh a: "Thil pakhatah chuan mihring dam chhung hi hengte aiin a rei zawk em em a ni experimental animals that adherence to such a hypothetical diet chu kum tam tak chhung, a then phei chuan kum zabi kua vel vel, carcinogenesis-a latency hun chhung atanga tih theih a ni lo vang" (p. 401). Chuti chung pawh chuan, "Ramsaah rei tak ei loh chhunzawm zel hian spontaneous tumor chi hrang hrang a tihziaawm ngei ang" (p. 429).

"Data awmsa hi tumor awm dan nen a inzawm ber a, a inzawm lo." an tan hnua an than chakna rate. Instance tlemte in

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which growth is modified by dietary factors are insufficient evidence on which to base any therapeutic measures in the present state of our knowledge" (p. 402). Kan ngaihdan chuan Cowdry hian tumor awm zat tihtlem hi a ngaihven lo niin a lang; a ngaihven hle cancer tihdamna tur damdawi zawn chhuahna buainaah chauh leh chu chu kan ei leh in siam\hatna hmang ni lovin, pill emaw, thil dang emaw agency hmanga siam a ni.

Scientist-te chuan a tawpah engtikah nge cancer thlentu dik tak chu an hriat chhuah ang tih hriat chu ngaihnawm tak a ni. Tun thleng hian "carcinogenic agents" 400 vel an hmuchhuak tawh a, chu chu Cowdry-a chuan heti hian a sawi: "Damdawi thiamte hmachhawn cancer zaa khat aia tlem loah chuan carcinogens tak tak, a nih loh leh carcinogens inzawmkhawm, hmuhchhuah theih an ni" (p. 390) Hemi dodalna kawngah hian "normal' (unnatural) diet hian cancer nei lo mice 100 zinga 80-ah tumor a tihpun dan leh case dang pakhatah 198 zinga 150-ah tumor a tihpun dan kan hmu tawh a. Chu ei leh in a partial restriction chuan chu tumor 150 chu 38-ah a tihhniam a a rationing hian hnam pum huap cancer vei tamna chu nasa takin a titawp a, a aiah natural nutrition hmanga siam chuan cancer lo awm tur chu a titawp vek a ni.Mi pakhat chuan tunah chuan Cowdry hian natural nutrition hi cancer dona buaina chhanna atan a ngai ang a, hmanralna a titawp ang tih a beisei mai thei his time on futile investigations of all other carcinogens.Chu ai chuan cancer thlentu awmchhun, ei leh in dik lo chu a carcinogenic factor dangte zingah dah pawh a inpeih lo. "Modifying" factor mai a ti a, baseless arguments hmangin a underrate a ni.

Cell tha lo tak takte thiltih danah a la buai hle a, heti hian a ziak (p. 43):

"Aristotle emaw, Darwin emaw, a nih chuan sawi loh theih loh tluk a ni." vawiinah hian kan bulah an awm a, cancer cell chungchanga kan hriat angin thudik zawng zawng chu kan dah khawm thei ang a, an nungchang tha lo tak takte sawifiahna pawh kan pe thei mai thei. Kum lo awm turteah chuan hei hi tih a ni mai thei a, engvangin nge hun rei tak chhung mitdel kan nih tih kan ngaihtuah mai thei. Chutih lai chuan, hetah leh khawiah pawh hian tlem tal zirlai chu halting progress kan nei a ni." Mahse, hetah hian Aristotle pawh a ngai lo tih hriattir ka ngen a, Darwin pawh a ngai lo. Cowdry-a tan chuan a laboratory huam chhung atanga lo chhuak a,, a awmzia chu rei lo te chhung theihnghilhin, a mit chu a lam hawia hawi turin

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arsi te, ni te, thla te, thing leh pangpar te, an thurukte rilru lama luhchilh tur leh khawvel pum pui hi eng ang taka mumal taka nge a inher tih hriat theih nan. Scientist tu pawhin chu khawvel chu tichhiain a aiah a khawvel a siam thei ang em? Scientist-te chuan chu khawvel nung, chu khawvel che thei chu an tichhia a, mihringte chu anmahni siam khawvel, an chhang, an amino acid, an artificial vitamin leh an synthetic salt te nen an rawn present a ni. Heng line te hi an chhiar hnuah pawh scientist-te hian anmahni hriatna chu Leilung pianphung finna aia chungnung zawkah an la dah dawn em tih hriat chu ngaihnawm tak a ni.

Further on Cowdry chuan malignant tumors spontaneous disappearance case tam tak a tarlang a, a tawpah chuan a hnuaia thutlukna hi a siam ta a ni (p. 545):

"1. Primary cancer tenau tak tak thenkhat chu a chang chuan lian takin a lang." hnute, prostate leh uterus-a number awm zat. Chung zinga tam tak chu an lo thang lian lo va, kum tam tak chhung an thup reng emaw, anmahniin an hnungtawlh vek emaw a ni.

"2. Cancer lo piang tha tak takte lian leh tea inthlak danglamna, a tlangpuiin hun eng emaw chen atana lo awm hi hmuh tur a awm lo. Hengte hi malignant cells leh stroma volume tichhe thei thil tam tak hnathawh avanga lo awm thei a ni."

"3. Malignant tumor chi hrang hrangah hian chhan hriat loha inthlak danglamna a awm fo thin."

"4. A bo dan entirnan eng emaw zat record-ah a awm." naupangte zingah neuroblastomas a awm thin. An zinga ÿhenkhatah chuan hei hi chhan hriat loh avangin malignant cells progressive differentiation nen a inzawm a ni.

"5. Cancer te hi a lo kir leh vek tih finfiah tawh tlemte chuan an nei." sawi tawh a ni a, chu chu enkawlna pek a nih vang a ni thei lo. A chiang e, malignant cell chi thenkhat chu a tlem hle a, physiological mechanism hmanga control a ni."

Damlo ei leh in lama inthlak danglamna chu thil thleng mai mai leh hriat theih loh a nih loh chuan, tumor-te chu a takin a lo kir leh chhan chu eng nge ni thei ang? Hlawhtling tan chuan hmanraw pakhat chauh a awm thei

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cancer enkawlna. Tumor chu ei tur chhe tawh tak takte laksak hmasak a ngai a, chutah chuan natural nutriments pawh a tlem berah tihtlem a, literally riltam leh tihlum a ngai a ni. A tul chuan cell pangngai pawh hi hun engemaw chen chu semi-starvation-ah dah theih a ni. Tumor a bo hnuah awlsam takin an chakna hluiah an awm leh thei tawh a ni.

Chaw siam chhuah siamna atana hnathawh leh senso chu

Sheer Waste tih loh chu engmah a awm lo

Kan hmuh tawh angin mipa tak tak chu chaw raw ringawt hmangin a nung a ni. Khawvela ei leh in siam chhuah zawng zawng hi tum nei lovin a bo vek a ni. An sum senso chu a thlawn mai mai a ni. A hmasa berah chuan he thu hi rintlak lohvin a lang thei a, mahse thudik awlsam tak a ni a, chu chu ka mimal thil tawn atanga ka hmuh finfiahna a ni.

A tir lamah chuan kan tihpun a ngai a ni tih kan ngaihtuah a intake of raw nutriment in the same proportion as kan tih tlem avangin chaw chhum kan ei tlem a, mahse rei lo teah kan tisual tih kan hrechhuak ta a ni. A tir lamah chuan taksain a hloh chhunzawm zelte siam\hat lehna tur leh taksa peng hrang hrangte chu active cells complement thar hmanga tihchak leh siam\hatna tur atan natural foodstuffs mamawhna nasa tak awm mah se, a hnuah chuan chu mamawhna chu a tlahniam zel a ni.

Kan fanu Anahit-i ei tur tlemte chu mak kan ti hle bawk. A nu chuan ei leh in lama harsatna a hlauh hmasak tawh avangin ei tam zawk turin a nawr thin a, mahse naupang chuan a duh lo fo thin. Zawi zawiin, raw state-a thei leh cereal te hi nutriment quality sang ber, concentrated tak tak an ni tih ka hre chiang ta a, chuvangin, an zinga tlemte chauh hian kan organism mamawh a phuhruk kim vek a ni. Chuvangin naupang raw ei chu a duh aia tam ei tura nawr luih ngai lo tur a ni. Mi pakhatin thla tam tak chhung date emaw, walnut emaw hmanga ni khata a khawsa tih kan hriat hian thawnthu a ni lo.

Cooked-eaters te chuan cooked meals plateful-ah an inhliam thei a, a chhan chu a awmzia kimchang takin ei tur tha a awm lo.

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Herbivorous animal-te chuan anmahni leh anmahni chuan thlai chi hrang hrang an ei nasa hle a, a chhan chu a tam zawkah chuan thlai chu roughage atanga siam a nih vang a ni a; a chhunga nutrient tak takte chu a darh zau hle a, a tlem hle bawk.

Chu rannungte chuan ni khatah vawi tam tak an rilruah roughage tam tak an empty a, raw-eater pangngai erawh chuan ni khatah vawi khat chauh che a ngai tih a hria thung. Flatulence tam lutuk, ek chhunga thei rah ei loh awm lo awm leh ni khatah vawi khat aia tam zun chhuah duhna te hi ei tam lutuk chhinchhiahna a ni a, chu chu raw-eater rilru na tak chuan a pumpelh ngei tur a ni. Ka ei tlangpui thei rah hi chu thei ei duh tu pawhin an ei zat aia tam a ni lo. Chumi chungah chuan ni khatah corn salad plate khat ka dah belh a, chu chuan cooked-eater zawng zawngte nutritional gap awm chu khar nan a thawk a, hei hi natural foodstuffs tlem vang a ni. He fare awlsam takah hian hmun a awm lo tih chu a chiang a, a hmaa ka ei thin chaw chhe tawh zawng zawng tan chuan.

Khawvel pum hi a rilru a lo lang nghal a, ei leh in chungchanga thilsiam dan (natural laws of nutrition) chu hmang ta se, eng thlalak nge ni ang? Thlai siam chhuah chu tuna a awm ang hian awm reng mah se, mi tinte chu ni khatah thlai emaw, corn salad emaw plate khat khat ei phalsak a, chutianga khawvel pum huap ei leh in mamawh chu a kim vek hnuah, ran chaw zawng zawng chu duh loh zawng aia tam a awm reng ang, sugar, tea, coffee, cocoa, zu leh zu ni lo, zuk leh hmuam, margarine bakah tunlaia pulse leh cereal ei tam zawk te pawh a awm bawk.

Tunah chuan, a nihna takah chuan, heng ei tur chhe zawng zawngah hian eng nge thleng tih i en ang u chu chu tun dinhmunah khawvelah ei zo tawh a ni. A nihna takah chuan kawng thum hmanga paih chhuah a ni.

1.Specialized cells complement tlakchham vangin, the mihring tak tak chuan a taksa peng leh a system bulpui ber berte chu a vawng reng theih nan, chaw chhum atanga siam parasitic cell engemaw zat awm chu a tuar a ngai a ni.

2.Mi dik lo chuan ei tur chhe tak tak a ei nasa hle.

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3.Mimal chu taksa pakhat chauh atanga siam emaw, taksa pahnih inzawmkhawm emaw pawh ni se (a relative thinness emaw stoutness emaw atanga a lan dan chuan), ei tur redundant portion, addiction hmanga organism chhunga luhtir leh chu chu cell-te assimilative power piah lamah a awm a, a kang bo mai a, kawng hrang hrang hmangin taksa a chhuahsan mai a ni. Chutianga ei tur hmanral zat chu ei tur zawng zawng atanga a tam zawk a ni.

Zawhna lungchhiatthlak ber chu, specialized cell-te hian natural nutriments atanga an hmuh chakna tam tak chu mihring dik lo ei tur te tihchhiat nan te, thisenah te hip lut turin te, hnathawh dan mumal tak neih theih nan te an hmang nasa hle a ni of the excretory organs leh ei tur siam chhuah chhiatna (cooked foods) taksa atanga hnawhchhuah nan. Entirnan, nilengin hna an thawk chhunzawm zel a, active cell-te chuan chawlh tlem an nei thei a; chu ai chuan, mi dik loin duhâm taka taksaa a rawn luhtir calorie dang chu organism aÿanga paih chhuah theih nân ni zing thlengin khumah an toss tûr a ni.

Tun hma chuan gluttony leh sa addiction-ah hian degree mak tak maiin min pe thin. Chumi avang chuan ka dam chhung zawngin mut theih lohna ka tuar tawh a ni. Zanlai hmain ka muhil ngai lo va, vawi khat chu ni chhuah hmu turin ka harh hma hle tih ka hre lo. Zing dar thum emaw dar li emaw thleng ka muhil a, lu rit tak chungin dar riat emaw dar kua emaw velah ka tho thin. Vanneihthlak takin raw-eating ka hman hnuah ka mut theih lohna chu a bo vek a, mahse tlai lamah zanriah lian tak ei ka tum a nih chuan zing khawvar thlenga muhil turin ka inhuam a ni. Kum 2 a nih atang khan Anahit hi zan lamah a harh ngai lo.

Chaw siama vitamin leh chi (salt) awmte hi a dik lo, thi, a inthlau lo leh a hlauhawm hle. Chaw chhum chu in sakna hmanrua chhe leh fuel dik lo tih loh chu engmah a ni lo; Chutiang in sakna hmanrua a\anga lo awm cell \angkai lo tak takte chu cell pangngai tan chuan duh loh zawng phurrit a ni. Chutiang fuel atanga lumna lo chhuak chu a tam lutuk a, a tichhe thei a, chuta tang chuan chakna lo chhuak (motive energy) erawh chu a tul lo va, a hlutna a awm lo thung. He chakna hian tum nei lovin factory motor te chu hnathawh hun pawnah a tichak a; thinlung chu a rate pangngai aiin a let hnih zetin hna thawk turin a nawr a

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factory pumpui mechanism pawimawh tak takte mamawh em em a bak chu a tibuai a, chu ai chuan a tichak lo va, a hlawhtling lo hle. Mut theih lohna hi a chhiatna thlentu entirnan pakhat a ni.

Doctor thurawn tha lo tak takte'n thau lutuk tihtlem dan tur an siam chhuah hian eng nge thleng? Nitin ei tur ei chungchangah khapna zawng zawng an ruahman a, hei vang hian an ei tur khap list-ah hian walnuts, almonds, raisins, dates, figs, bananas ang chi diet-a thil pawimawh leh ei tur tha tak tak te pawh a tel a ni. Phên dangin sawi ila, enkawl mek chu a taksa rihna chu a tichak lo lehzual a, chu chuan a hriselna nasa takin a tichhe a ni. Chutiang hunah chuan ei tûr chhe tawhte tihtlem avângin, mi dik lo chuan a fuel mamawh ÿhenkhat chauh a hloh a, chutih laiin, thilsiamte tihkhawtlai a nih avângin, cell pangngaite chuan ei tûr pawimawh tak tak ÿhenkhat chu an hloh a ni. Chuti a nih chuan, mi dik lo chu a hmunah a nghet tlat a, mi tak tak erawh chu a chak lo zual hle tih a zui a ni.

Restricted-in nghawng a neih dan entirnan hlimawm tak kan hmu a cancer zirchianna chhunga ei leh in (diet) a ni. He zawhna hi sawihonaah Cowdry chuan heti hian a sawi: "Ei leh in lama tihkhawtlai avanga hnute cancer vei tihtlem hi mice-a ovarian activity tlahniam nen a inzawm tih a chiang hle" (op. cit. p. 398). Eng nge kan duh lehzual? Chutiang chuan hnute cancer thlentu chu an hmuchhuak ta a ni. Tunah chuan doctor-te chuan hmeichhiate chu mammary glands cancer laka an chhanchhuah vek theih nan ovarian activity tihtawp vek a la ngai a ni.

Mahse, thil thleng tak takte sawifiahna awlsam tak a awm ngei ang. Calorie ei tamna THOUGHTLESS LIMITATION hian organism chungah nghawng danglam tak pahnih a nei a. Khawthlang lamah chuan ei tur chhe tawh ei khap hian cancer siam a titawp a, khawthlang lamah chuan natural foodstuff ei tlem hian ovary hnathawh dan pangngai a tibuai thung.

Medical science hi chutiang inhnialna lungchhiatthlak tak tak nen a khat a ni. Engtikah nge a natna thenkhat chuan ei tur pianpui lo tak takte luang chhuak tha lo tak takte chu a lam hawiin a hruai a, damlo thil nung chuan natna dang atanga invenna (partial immunity) a nei a ni. Entirnan, zunthlum vei te, .

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arteriosclerosis leh natna hrik kai thenkhatah chuan cancer an vei tlem hle. Cancer laka invenna nia sawi a nih avangin miten bacteria hrang hrang nghawng an neih theihna tura insane experiment pawh an nei tawh a ni.
Chutiang bawk chu vaccine pek lai pawhin a tlem zawkah a thleng a, chutih lai chuan natna chi hrang hrang (milder forms of a disease) inducing hmangin naupangte chu a hnua beihpui thlakna na tak lakah an him a ni. Mipain an fate hriselna humhalh an tum meuh chuan natural laws hmanga an fate hriselna humhalh an tum meuh chuan chutiang thil pianphung lo tak chu a tul lo ang a, naupang sual nei lote chu vaccine hlauhawm tak tak lakah an chhuah zalen ang a, vaccine pek chu history-ah a kal ang.

Experiment-ah chuan vawi khat chu mi der chu koh a nih tawh chuan existence, partial dietary restrictions hian a hmasawnna a check thei lo. Chaw ei tur za zela 10-15 vel a tlahniam pawhin a nung reng theih nan a tawk. Mi fing tak chuan chu ramhuai chu ei tur chi khat chauh pe turin a fimkhur tur a ni. Ka ke ruh chu gouty concretion zawng zawng ka tifai vek tawh a, mahse engtik lai pawhin sa ei theihna hun ka neih chuan darkar tlemte hnuah hammer vuak chuan uric acid chu ka ke ruh lian ruh chhungah a lut tih min hriattir a ni. Raw-eating chungchanga ka zirchianna kum tir lamah khan heng experiment te hi ka siam fo thin.

A chiang e, uric acid atanga tihthianghlimna hmunte chu a la hring vek a, chutiang lam panna kawng pawh a inhawng zau hle bawk. Sa chi khat taksaah a luh veleh uric acid-ah a chang a, chu chuan a hmun ruat chu a luah nghal vat a ni.

Mi der cell te pawh hi awlsam takin an hnungtawlh lo, chutiang bawkin. An dawt sawi thin in ambush, half- thi, mahse beisei nei. Chaw chhe tawh tak pakhatin an hnena a thlen meuh chuan an lo harh leh ta a, an lo pung ta a ni.
Taksa rih zawng control hi natural foodstuffs kutah a hlan vek tur a ni. Slimming tam lutuk hi i hriselna atan a tha lo tih sawitu chuan, a nihna takah chuan, i taksa thau lutuk vawn reng theih nan natna leh parasitic cell kilo tam tak enkawl leh chawm turin a rawt che a ni.
Mihring dik lo thah rual hian, natural nutrition chuan, zawi zawiin, mihring tak tak rit chu nature-in a phut pangngai standard-ah a tipung ang.

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Chutiang sa tam tak hmantlak lo tak takte chu a paih chhuah hnu chuan, a hmaa a taksaah natna hrik kilo 40-50 vel phur chhuak tawh, puihna tel lovin step khat pawh a chho thei lo mipa chuan tunah chuan sam pawh tichhe lovin tlang chungah a tlan chho thei tawh dawn a ni. Chutiang mi chuan a taksa rihna a tlahniam chak lutuk chu a ngaihtuah ngai lo tur a ni; chu ai chuan a lawm tur a ni. Mi fing chuan a taksaah sa hmantlak lo chi khat pawh a tuar tur a ni lo. A tawi zawngin, mi zawng zawng hian a tawpah chuan a taksaa chaw chhum chi khat khat a luhtir hian mi der, a hmelma inchhir nei lo, a tihhlumtu zahngaihna nei lo chu a chawm tih an hre tur a ni natna hriat leh hriat loh zawng zawng a tuar chhuak vek a; a thihna tur kawng a hawng a ni.

Chaw ei thin ngaihdanah chuan hriselna tha neih theih nan ei tha a ngai a ni. A ngaihdan chuan pum ruak tih awmzia chu riltam taksa tihna a ni. Pum khat pu mipa chu damlo tak a ni tih a hre lo. A pum chuan a hun takah ei tur pianpui lo chu hnawhchhuah a harsat hle. Raw-eater erawh chu a pum chu a hring reng emaw, engti kawng pawhin a êng lutuk a, chutah chuan engmah a awm tih a hre lo. A rilru a khat tih a hria a, a chhan chu chutah chuan a ei tawh chu a transfer nghal vek a ni. Chaw tam lutuk pawh a pum chhungah a mu rei lo va; rang takin intestines-ah a kal a, ei leh in ei loh pawhin taksa a chhuahsan a, chu chuan thil nung chu a tichhe tlem ber lo.

Chuvangin, raw-
ei thin. Chaw ei tam lutuk a nih chuan intestine-ah gas a lo chhuak thei a, mahse kawng pangngaia taksa chhuahsan duhna a awm thung. Raw-eater chuan thla engemaw zat a insum hnua zanriah tha tak ei a tum hian nutrition system pahnih inthlauhna chu a hmu chiang zawk a ni. Chutih lai tak chuan engtin nge chutiang nun natna leh hrehawm tak chu a hrual theih ang a, chu nun dan tenawm tak chu thil pangngai anga a ngaih theih ang tih a ngaihtuah a ni.

Cooked-Eater Damdawi chu Entirely a ni Science dik lo a awm

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Kan hmuh angin natna hi mihring factory-a integral raw materials te tihbo a nih avanga lo awm a ni. Chuvangin, chu thilte chu a dikna (integrity) a lo awm leh chuan hriselna chu a lo tha leh thei chauh a ni. Mahse, tunlai damdawi lam science hnathawh zawng zawng hi eng nge a bulpui ber? Doctor-te hian eng nge an tih tak tak? Chu dikna chu siam ÿhat leh tumin ei tur chhe tawh tak tak, vitamin siam chhuah, chi, hormone leh thil rimchhia tam tak hmangin an bei hlawhtling lo va, chutih rual chuan siam ÿhat theih loh khawpa chhia leh chak lo tawh gland leh taksa peng pum pui chu an paih chhuak a, an paih chhuak bawk a natural raw materials te inthen darh avanga lo awm a ni.

Mihring zawng zawng hi hriat lohna rapthlak takah kan khawsa a. Ngaihdanah chuan cooked eaters, cooked stuff ei hi thil awmdan pangngai tak a ni a, chutih laiin nature dan hmanga chawm chu experiment a ni a, chutiang chuan experiment hlauhawm tak a ni. A nihna takah chuan mipa hian an hriat lohvin thilsiam siam PERFECT BALANCE chu an tichhia a, kum sang tam tak chhung chu ei tur siam, artificial preparation leh poisonous substance hmangin SENSELESS EXPERIMENTS an siam a, balance thar, anmahni balance hmuh tumin. Chu experiment-te rah chhuah nghal chu tûn laia khawvêla natna tam tak awmte hi a ni.

Mite chu raw-eating hmang turin ka sawm hian experiment thar ka rawt lo. Chu ai chuan, EXPERIMENT THIL AWM LO TAK TAK THIL TIH DAN THIL THAWN THIN THIL THAWN THIN THIL TIH DAN THIL THAWN THIN THIL THIL TIH DAN THIL THAWN DAN THIL THIL THIL

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an pianpui mizia laksak an ni. Vitamin tablet leh ei tur extracts advertise lar tak ang bawkin nutritive value an nei a ni.

Thil nung chi hrang hrang an awm a, doctor pawh an nei lo va, damdawi in leh damdawi dawr pawh an nei lo va, chuti chung chuan mihring enkawlna hnuaia awmte tih loh chu natna laka tlu lovin an nung a, an taksa nena inmil an dam chhung dik tak an zo vek a ni constitution hrang hrang, ni tlemte atanga kum za tam tak thlenga danglam thei a ni. A taksa insiam dan famkim a nih avangin mihring hian he leia thilsiam dang zawng zawng aiin dam rei zawk leh hrisel zawk a nei tur a ni. Raw- eating kimchang tak awm lo mah se, mipain kum 150-180 inkar an thleng thei tih record-ah a awm a, chu chu ei tur chi hrang hrang a chhe lutuk lohna hmuna awm mai mai a ni. Mi tam zawk chu an khawsak tlem zawk tih hian an nunphungah thil dik lo a awm tih a tilang chiang hle Rannungte hian thlai hnah dum leh hnah hring an ei tam ber a ni. Mihringte hian, kan kutah, ei tur hrisel leh inzawmkhawm ber ber, quality sang ber, chu thing hnah leh hnah, chu thing hnah leh zungte kal tlangin, an chi leh rahah an lo inzawm khawm ta a ni.

Biologist-te chuan kawng dik atanga an kal bo a, hmun dik lovah an chhui dan an kalpui tih an pawm hun a thleng ta. Chu bâkah, natural nutritive constituent-a hloh chu artificial preparation hmanga rulh theih a nih loh thu an pawm a ngai a poison-te hian taksa peng hrang hrangte chhe tawhte siam ÿhat leh theihna an nei lo tih; kan taksa peng leh gland te hi kan taksa peng hrang hrang, inthen theih loh an nih avangin tihchhiat emaw, lakchhuah emaw a ngai lo tih. Vawiin hian mihring taksa hi natna zawng zawng atanga a chhuah theihna tur kawng awlsam leh awlsam tak, a hlawhtling tak leh thutlukna siam thei tak tak ka rawn entir a ni. TAKSA CELL NATNA LEH HMAN LO TAK TAK TE THIL TIH CHIAH A NI A, CHAW THIL THAWN LO THIL THAWN THIN THIL THAWN THIN THIL THAWN THIN THIL THIL THIL THAWN THIN THIL THIL THIL THAWN THIN THIL THAWN THIN CHU THIL THAWN THIN CHU THIL THAWN THIN THIL THAWN THIN THIL THIL THIL THIL THIL THIL THIL THIL THAWN THIN THIL THIL THAWN THIN THIL THAWN THIN THIL THAWN THIN THIL THAWN THIN CHU A NI. Ka thusawi dikzia chiang taka an rin theih nan thla engemaw zat hnathawh an mamawh mai a ni.

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Doctor leh biologist te tum ber tur chu eng nge ni tur, freeing a nih loh chuan natna atanga mihringte? Raw-eating hi chu thil tum thlen theihna kawng a ni.

Anni chuan, a nihna takah chuan, hmuh an duh leh duh loh an puang nghal tur a ni a khawvel natna laka fihlim. Anmahni chhut dan chu thilsiam siam chhut aiin a dik zawk tih an finfiah thei a, khawvel hmun hrang hranga raw-eater-te chu an hriselna siam\hat ai chuan natnain an thihsan tih an finfiah theih chuan ka lehkhabu te nen arena atangin ka chawl nghal ang a, chutah chuan ka chawlhsan nghal ang ka ngawi reng ang che. Chutiang a nih loh chuan, damdawi in leh damdawi dawr kawngkhar hawn reng mai mai tur chuan mihringte chu natna tuar turin an nawr thei lo tih a chiang.

Tun atang chuan the...
chaw chhum siam leh an rawtnate chu mihring pum pui laka thil sual tihna anga ngaih a ni ang a, rulhut hmanga "enkawlna" chu chaw siam hunlaia dawithiamna anga ngaih a ni bawk ang. Doctor fing leh mihring rilru pu tak takte chuan chu rawtnate chu an titawp nghal ang a, mihringte chu thilsiam ordinance hnuaia intulût turin an sawm ang. A thinlunga chhia leh tha hriatna meialh la awm doctor kut chu thil rimchhia leh vitamin siam chhuah hming ziah hian a khur tur a ni a, ei tur siam hming lam a sawi chuan a hmui a khur tur a ni. An hnathawh dan hi misualte thi tura hremna pek nen a inang a ni. Hei hi nu leh pa zawng zawng pawhin hrethiam rawh se.

Ka chhiartu thenkhat chuan ka thuziak tone hi an duh lo mai thei. Chhung an ngaihdan chuan ka thusawi chu scientific zawk (mi tam zawk hriatthiam theih loh Latin terminology hmanga chei), inremna siamtu (complaisant), serious zawk (hypocritical), inremna nei zawk (unscrupulous), courteous zawk (dawt sawi) leh tactful zawk (defeatist) ni se a tha zawk tur a ni). Mahse thutlukna siamtu, thinlung tak leh huaisen nih hi ka duh zawk. Tin, chutiang chu ka ni ang, khawvel pum hi ka dodalna hmu mah ila. Mi fing zawng zawngin min thlawp ang a, nakin lawka thangtharte pawhin min finfiah ang tih ka ring tlat a ni.

Chicken soup recommendation ka ngaihtuah hian, a yolk of egg, fried liver emaw stewed fruit emaw chu misualte hnenah, a bik takin naupang tête hnenah, thil sual tihna a ni a, sawichhiatna ka siam lo. Ni lo ve ve

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thihna kawngkhar bula ding damlo thisen kalna kawngte chu natural nutrition hmanga tihthianghlim ai chuan a thinlung ruh tichaktu leh pekna zawng zawngte chu dawithiam anga ka ngaih hian thutak dodalna ka sual em ni? him a new lease of long life, they widen his vessels by poisonous irritants, stimulate the functions of the heart by "the lashes of the whip", thisen chhuah zat tihtlem emaw, degenerate emaw, artificial means hmanga dilute. Bircher-Benner leh scientist dang tam tak pawhin, chutiang operation chu dawithiamna, bumna leh buffoonery angin an ngai a.

Ka inngaihtlawmnaah hian ka sual lo tak zet a ni, ka personal, extremely limited means, I carryout painstaking investigations and then, on the basis of my discoveries, cytologists te hian natural foodstuffs-a nutritive constituents sang tam tak an hal hmasak a, cell-te chu extreme degeneration-ah an dah a, chutah chuan an bawlhhlawh ta a, chu chu insanity-ah an sual tih ka puang ta a ni vantlang sum maktaduai tam tak chu chutiang cell-ah chuan AN MECHANISMS LEH FUNCTION BO LO AWMTE chu SINGLE ARTIFICIAL SUBSTANCE hmuhchhuahna hmanga kir leh tumna a hlawhtling lo.

Entirna atan ka fate duhawm tak tak pahnih enkawl tura ka inpekna doctor kha han la ila. A hmasa berah chuan an ei leh in lama puih leh an chakna vawng nung turin a chhanna hnuaiah thei raw a khap a, chu ai chuan compotes leh "nutritious meals" a rawt zawk a ni. A hnuah chuan chu rawtna atanga lo chhuak auto-intoxications leh auto-infections te chu malaria anga sawiin, quinine dose hlauhawm tak tak a pe a, a hnuah pawh, enfiahna leh experiment chhiar sen loh hmangin, "diet" zinga khauh ber leh damdawi chi hrang hrang tam tak leh tunlai antibiotics hmangin naupangte chu an chakna reserve hnuhnung ber a hloh ta a ni. Chutiang doctor chuan tum loh takin engkim ti mah se, MOST ABOMINABLE CRIME-ah chuan thiam loh chantir a ni ngei ang. Tunah chuan naupang dangte chunga thil tihsual ang chiah chu a tih nawn leh loh nan a sualna chu a hnenah kan hruai haw a ngai a, thil sual tenawm ber a tihsual a nihzia kan hriattir a ngai a ni. Ruihhlo chu a nih chuan

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ka fate'n kum 14 an lak chu hman nghal vek a ni a, sipai pum pui chu tihboral vek a ni ang.

Tunlai hian a dinhmun a inang deuh deuh a ni. Tunlai scientific hunlai hian hmasawnna, naupang pallid, chak lo tam tak ka la hmu reng a, an nute chuan buhfai, sa, artui, chhang, khawizu, butter leh pastry ei tir turin fuihna leh vau chi hrang hrang an hmang a, chutih rual chuan cucumber leh bananas chu "being indigestible" tihna a ni a, cherries leh grapes chu "diarrhea thlentu" tihna a ni a, mulberries leh melons chu "fever siam" tihna a ni bawk. Engtin nge he dinhmun lungchhiatthlak tak hi ngaihsak lo takin ka tuar theih ang?

Mihring thil nung awm dan hi eng ang taka buaithlak nge a nih tih chu mi zawng zawngin kan hre vek. Corn chi khat hian a structure complex inang chiah chiah a nei a. A hnah kan siam hian, a tawng thei lo va, a kal thei lo tih chauh lo chu mihring ang maia nung leh thawk chhuak thei taksa chak leh thangthar tak a lo ni ta a ni.
Kan taksa peng lian leh te zawng zawngte hnathawh dan pangngaia hman tur thil sâng tam tak chu a mamawh zat leh chhut dik ber hmangin a chhungah a awm khawm a ni. Buh nung chu chhang-ah kan chantir hian a chhunga thil awm zawng zawng chu a vut tih loh chu kan tichhia vek a ni: starch thi leh sugar. Chu vut chu ei tur dik tak anga ngaihtuah chungin, nu rilru ÿha tak chuan a fa hnenah a pe a, mahse buhfai nung chu pek a hlau a ni.

Chutiang bawkin khawvela chaw chhum zawng zawng, mitdelte'n ei tur tha anga an ngaih zawng zawng hi chu engmah lo, rimtui leh tui tam tak awmna vut (motley heaps of odoriferous and highly-seasoned ashes) tih loh chu engmah a ni lo. Biologist-te'n an chhunga vitamin leh slat an hmuhchhuah te hi thil pianphung ni lo, nunna nei lo an ni.

Thlai cell nung chu a lum meuh chuan chaw ei tur a ni tawh lo va; a pianphung atanga lo chhuakin thil siam chhuah (artificial)-ah a chang ta a ni. Nu pakhatin a naute tê tê chu a chhang hmasa ber, bawnghnute vawt emaw, thil siam dang emaw a pêk chuan, chu thil siam chhuah chu hmangin a fa chungah zahngaihna tel lo leh mihring nihna dik lo ber berte chu a ti ÿan a ni.

Medical science tihsual bulpui ber chu a thil hmuh theih lohna lungchhiatthlak takah a awm a ni. Cowdry-a ngaihtuah ang cytologist lar tak pawh hi

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ei tur nung leh ÿha famkim, buhfai, chi leh thei chi hrang hrangte chu "rather uniform and simple diets of local origin" ni turin. Chumi nêna inkalh takin, mihringte ei tûr vut rawng hrang hrang bawmte chu "khawvêl hmun hrang hrang aÿanga ei tûr chi hrang hrang tam tak khawn khâwm" (op. cit. p. 220) angin a ngai a, Aristotle pakhat chu lo kal a, a hnênah a hmuhtîr a beisei a ni an pahnih inkara danglamna tak tak.

Tuna therapeutics kalphung hi nasa takin ka dodal laiin, ka dodal tho tumah huatna tuar suh. Hmeichhia leh mipa zawng zawngte chungah hian a danglamna awm lovin khawngaihna thuk tak ka nei mai a ni, a chhan chu chutiang thil sual chu anmahni mimal chungah te, an inzawmnate chungah te leh mihringte chungah pawh hriat lohvin leh ngaihtuahna seng lovin an ti thin a ni. Mahse heng line chhiar hnua an tihsuala nghet taka awmte chu mihring fing zawng zawngin an sawisel dawn a ni.

Tunah chuan biologist-te'n an zinga pakhat an thlan a ngai hun a thleng ta an tan kawng pahnih inhawng a ni. Thilsiam finna dik lo thei lo chu pawmin mihringte chu a hrehawm tawrhna zawng zawng a\angin vawi khatah an chhuah zalen tur a ni emaw, thilsiam dante ngaihthah a, anmahni rorelnaah chauh innghatin, chhang var chu buhfai nung aia chungnung zawkah an ngai tur a ni a, chu chu artificial anga ngaih a ni natural aiin an duh zawk a, a hma ang bawkin an experiment hlauhawm tak takte chu an ti chhunzawm zel bawk. Chuti a nih chuan eng nge a rah chhuah ang? Tuna kan dinhmun hi thlah engemaw zat dang a la awm zel ang u, chutih chhung chuan ruihhlo awm zat chu a let hnih zetin a pung tak zet a ni; artificial vitamin zat chu a let liin a pung a, in tin chu damdawi inah an chantir a, mimal tinte chu doctor an ni ta a ni. Heng zawng zawng atang hian eng nge kan hlawkpui ang, doctor-te ngei pawhin mi chi dang zawng aiin natna avanga an thihpui tam zawk a, a tlangpuiin midang zawng zawng hmaa an thih hian?

Khawvel hruai sual tura mawhphurhna zawng zawng chu... specialist lar tak takte: research biologist leh damdawi lam professor-te. Doctor pangngai te hi dem tur an ni lo, a chhan chu an zirtirtuten an zirtir tawhte chu an nunpui mai mai a ni. Engineer tu mahin factory hnathawh dan chipchiar zawng zawng an hriat hma chuan enkawl hna hi an ruat ngai lo. Mipui pawl khat chu elementary scraps of thenkhat nen fill theih a ni lo tih a chiang

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hriatna, fanciful conjectures, hypothetical assumptions leh contradictory theories te, chutah chuan poison sang tam tak, torturous instruments leh capricious orders hmanga an mihringpui nunna khelh theihna zalenna famkim pek an ni a, heng zawng zawng hi engmah phalna leh tihbuai lohvin. Khawvela damdawi lam lehkhabu leh encyclopedia zawng zawng hi a dik vek ang tih hi rei lo te chhung atan han ngaihtuah ila. Tichuan; chu chu zir chhuah theih nân doctor chuan nunna sâwm leh pahnih a mamawh ang a, chutih hunah pawh chuan mihring thil nung chhûnga thil kalphung chhiar sen loh zînga hmun sângkhat ÿhena hmun khat chu a hrethiam thei lo vang.

Natna khirh tak nei damlo pakhatin doctor za chuang a rawn pan a nih chuan damdawi leh rawtna hrang hrang za chuang zet a dawng ang. Doctor-te chuan experiment an siam mai mai a, chutih lai chuan experiment culpable ber berte chu. As Tuna heng thudik langsar tak takte bengchheng tak takte hian naktuk hian mawhphurhna chu an kekawr ipte atangin an tikehsawm thei dawn lo. Tunlai naupangte hi a hun taka an lo seilian a, hriselna tha lo leh ruihhlo ngawlveiah an inhnamhnawih hunah chuan biologist zawng zawng, khawvel hruaitute leh anmahni nu leh pate ngei pawh hi chhanna pe turin an ko ang a, an thil tih lai khan eng step nge an lak tih hriat an phut ang heng vaukhânnate hi chhiar rawh. An finna chu thilsiam aiin a ropui zawkah an la ngai em?

Chutianga an ngaih loh chuan thilsiam (natural foodstuffs) tihchhiatna chu an titawp nghal tur a ni. Hei hi Nature thupek nghet tak a ni a, inremna engmah a pawm lo. Universe zawng zawng dan a ni.

Mahse tunlai hian mihringte hi he leilung hi hremhmunah chantirtu ramhuai thununna famkim hnuaiah kan nung a ni. Chu ramhuaiho chuan nula hmeltha tak takte hmai tuamna an ha a, zanriah ei dawhkanah leh mihring chawhmeh chhungah an thu ta a; a hmai leh a hmuiah te, a kut leh keah te, a kawr leh a kekawrteah te an mu a, an hmuh theihna hmun atang chuan a hriatnate chu zah lo takin an nuihzat a ni. A taksaah an lut a, a thinlung leh thlarauah ngei an inkhuar ta a ni.

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Tunlai mi "civilized" hian hun kal tawha milem biakna chu a nuihzat a, mahse, hun kal tawha milem betu te aiin milem betu a chhe zawk daih tih erawh a hre lo. Hmanlai chuan mihringte chuan rannung chi hrang hrang lem an siam a, an biak thin a; tûn laiah chuan chu rannungte chu an talh a, an ruang chhe tawhte chu an bia a ni.

Tunlai mi "civilized" hian a savagery hi a mitthla thei lo khawvel pum hi tunlai hunah hian a nung a ni. Naupang hmaiah thisen tla tlemte a hmuh chuan a muhil tak tak a, "delicate" leh "tenderhearted" nula chuan beram no thisen chhuak thinlung, thin emaw, hnute emaw chu muangchangin dawhkan chungah a dah a, a tikehsawm ta a ni ngaihsak lohna zawng zawng, thilsiam rethei tak chu nunna leh chaknain a khat hma darkar khat chauh a awm tawh tih chu rei lo te chhung ngaihtuah lovin. A naupan lai atang tawhin vawk emaw, beram no emaw talh rualin naute talh chu a hmu a nih chuan, chutiang bawka ngaihsak lo takin chemte chu a la ang a, engmah ngaihtuah lovin, beram no thinlung nen chuan a tan ang chu naute thinlung chu, chaw siam la, ei rawh. A danglamna awm chhun chu a mit chu pakhat chu a lo thiam tawh a, pakhat zawk erawh a thiam tawh lo va, chuti lo chuan sa thattu dawr-a, bawng ruang bula mihring ruang thisen chhuak hmuh chu mak a ti lo ang leh beram te.

Tuna Mihringte hi Civilized nihna a hla hle

Mihringte hian chaw chhum kan ei chhunzawm zel chhung chuan Khawvelaah hian thrive tak tak emaw, remna nghet tak emaw a awm thei lo. Khawvela indona leh thahnemngaihna zawng zawng hringtu cooked eating a ni.

Hruaitu sual leh dictator hlauhawm tak tak Hitler, Lenin, Stalin leh etc. emaw, misual rapthlak tak tak Abdul Hamid leh Talaat leh an hnungzuitute, Armenia rama mipui remna zawng zawng zinga a chanve pakhat tihhlum a, pakhat zawk hnawhchhuahtu, chawhmeh ei hi a ni kum sâng tam tak chhûng an lo awm tawhna ram aÿanga a chanve an chhuah a, an loneih hmanrua, an in leh an

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huan, an tlang leh an ruam te, chutah chuan zah lo takin khawvel "civilized" zawng zawng mit hmuhah hremna awm lovin an parade ta a ni.

Corn siam chhuah a pung zel chung pawhin khawvel hmun hrang hrangah buhfai a la tlachham hle.

He paradox mak tak hi a chhan pathum a awm a: A hmasa berah chuan, hmun tinah chhangphut pum pui chu chhang var-ah kan chantir a, a hnuhma hnuhnung berte chu ei leh in lama hlutna kan hloh a ni. Tichuan, artificial fertilization hmangin a quality tichhe lovin kan thar chhuah zat chu kan tisang a ni. A tawp berah chuan mi dik lo chu a lo thang chak hle a, ei tur siam chhuah tamna hian mamawhna nen a inmil thei lo khawp mai.

Tin, thlai chi tam zawk hi sa leh bawnghnute siamna hmuna ran vulhte chawm nan hman a ni bawk.

A hmasa berah chuan mipate chuan mihringte'n raw-eating a\anga hlawkna nasa tak an hmuh tur chu ngaihtuah harsa an ti mai thei.

Vawikhatmah deuhthaw natna tinreng chu chatuan atan a bo vek ang a, thil tih belh leh thil sual tih zawng zawng chu leilung a\angin a bo vek ang.

Chutih rual chuan nunna beisei chu a let hnih emaw a let thum emaw a pung ang a, tuna dinhmun hi a la awm zel a nih chuan kum za tam tak chhung mihringte thlen theih loh khawpa lian economic lama hmasawnna a awm ang.

Heng thusawi te hi thudik a ni a, thudik lo a ni lo va, chubakah, chu hlawkna zawng zawng chu kawng awlsam takin a lei theih a ni. Kan tih tur chu thilsiam dan bulpui ber berte zah a, buhfai nung leh inzawmkhawmte tihchhiat loh hi a ni. Mi pakhatin buhfai nung, active leh chhang hal tawhte inthlauhna chu luhchilh leh hriat theihna rilru lama hriat theihna nei ta se, awlsam takin raw-eater-te organism leh cooked-

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Tunah hian tuna roreltute rilru put hmang hi han thlir ila khawvel leh mawhphurtu thuneitu dangte'n heng harsatna pawimawh tak takte hi an hmachhawn a ni. An hnen atanga lehkha an dawnte hian ka lehkhabu hmasa ber chu ngaihven takin an chhiar tih a tilang a, ka ngaihdan chu a tlangpuiin an lainat tih an hmu bawk. Eng hmun atang pawhin aw inrem lo pakhat mah ka la hre lo. Mahse hei hi a tawk lo. Ka lehkhabu hi vawi khat chhiar a, dah bo tur novel ngaihnawm tak a ni lo. Kan khawvel buaina pawimawh leh hmanhmawhthlak ber berte sawihona volume a ni. Chhiar nawn fo tur a ni a, a sentence tin hi uluk taka teh a, darkar tam tak chhung ngaihtuah a ngai bawk.

Khawvel roreltute chuan raw-eating hi zawhna pangngai pakhat chauh anga ngaih a, an politics leh economic lama harsatna dang zawng zawng ang bawkin "expert" te hnenah zirchian leh ngaihtuah belh turin an thehlut a nih chuan thil tihsual a ni ang. Kum sang tam tak chhung chu experiment leh zirchianna tam tak a awm tawh a, mahse an hlawhchham vek a ni. Tunah chuan thuneitute mawhphurhna nghal a ni a, mipuite chu CHUTIANG THIL TIH THIN TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK TAK THIN TURIN hriattir hi a ni. Tunah chuan mi fing zawng zawng hi thilsiam leh thilsiam lo, chaw nung leh nunna nei lo ei tur inthlauhna chu an thil siam, thil chhe tak tak hmanga tehnaah mi thiam tak an ni.

Mi maktaduai tam tak chunga thuneitu chuan, awlsam takin a ti thei lo mimal pakhat, ama mimal chunga thuneitu.

Raw-eating principle hnawl chhan pahnih chauh a awm thei a, chungte chu: common sense tlakchhamna leh will power neih lohna te hi a ni. A chhan pathumna a awm thei lo. "Chhan" dang zawng zawng chu chu tlin lohna pahnih khuh bo tura hmasawn chhuah chhanna mai a ni. Mawhphurhna neia mahni inzah mite chuan tumah huaisenna leh nungchang dikna an tlachham tih ngaihdan an pe tur a ni lo.

Thla hnih emaw thla thum emaw chhung zet raw-eating kimchang tak hmang tawhte chuan an nunphung pangngai lo takah chuan kir leh an remti ngai lovang, scaffold keah hruai pawh ni se. A mimal ngaihsak leh a hriselna leh a thatna ngaihlu mipa

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naupangte chuan chu "experiment" thla hnih emaw thla thum emaw chhung chu rei lo te pawh hreh lovin an ti ang. An mite hlimna leh hamthatna tur (a awm chuan) ngaihven hruaitute chuan mahni mimal entawn tur hmangin mihring zawng zawng hausakna kawng an hawn a ngai a ni. Hei hi mihringte tana an rawngbawlna \angkai ber leh \ha ber a ni ang.

Chaw siam, thilsiam lo leh...

artificial substances, kan specialized cells te tan ei tur chi khat pawh a pe lo. Chu bâkah, anmahni pêk nâna sum leh pai senso leh buaina chu tihboral mai mai a ni lo va, mihring taksa pengte leh, a nihna takah chuan mihring ngei pawh tihchhiat vek theihna hmanrua a ni. Raw-eating thla hmasa lama experience kan neihte hian heng thusawi dikzia hi mi zawng zawng hnenah chiang takin a lantir ang. He zawhna hi rei lo te chhung ngaihtuah a tha hle.

Kum tlemte kalta chhung khan thu tam tak a nei a raw-eating hmanga hlawhtlinna hmuhte chungah leilung kil tin a\angin dawng tawh a ni. He thu hian khawvel hmun hrang hrangah raw-eater rintlak tak tak sang tam tak an awm tih a tilang a, an zinga tam tak chu natna khirh tak tak atanga tihdam an ni tawh a, tunah chuan nun hlim ber an hmang mek a ni. Heng mite hi mithiam leh scientist an ni lo; anmahni hriatna leh rorelna hmanga raw-eating thu bulte hrethiam thei, thutlukna tul siam ngamna nei mi lehkhathiam leh nunphung nei mai an ni.

Vanduaithlak takin ka thu leh hla chhuah darh zel hian harsatna lian tak tak a tawk nasa hle. Khawvel pumah a thlawna lehkhabu maktaduai tam tak sem chu mimal pakhatin a tih theih loh a ni tih a chiang hle. England leh America rama thuchhuahtu engemaw zât hnênah dilna ka siam a, an rama English lehkhabu ka ziah hmasak ber chu chhuah leh tûrin ka sâwm a ni. An vai hian lehkhabu chu ngaihnawm leh tangkai tak a nih thu an pawm vek a, mahse an thuchhuah huam chhunga a tel loh avangin pawi an tih thu an sawi thung. Hei hi hriatthiam theih tak a ni a, a chhan chu a tihchhuah hian an lehkhabu dang "dietetic" zawng zawngte chu a tawp tawh tih a hriattir vek dawn a ni, a chhan chu raw-eating principle hre chiangtu tumahin an titawp dawn lo

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an ngaihven lo hle a ni. Tunlai mipuite hian anmahni duhthusam (abject interest) bak an hmu thei lo.

Khawvel hmun hrang hranga society zawng zawng, midangte tana thilpek petu pawl zawng zawng, mi \angkai tak tak leh mipui rilru pu chunga mihringte \anpuina zawng zawngte chungah ngilnei taka \anpuina pe turin ka ngen a ni. Ka thu leh hla chhuahte thehdarh kawngah an theih ang angin min pe ang u. Ka lehkhabu copy sawmhnih, sawmnga emaw za emaw an order thei a, anmahni duh danin an sem thei a, hralh emaw, a thlawna pek emaw pawh nise. Lehkhabu tin hian nunna a chhanhim thei a, natna khirh tak atanga mi a tidam thei a, naupangte tan hmalam hun hlimawm tak a hawng thei bawk. Tunah hian chu aia mihring tana hlutna nei thiltih a awm lo.

Kum 15 kalta khan hetiang lehkhabu hlawkna hi nei ta ila, vawiinah hian ka pahnih naupang duh takte chu an dam ngei ang. Kawng lehlamah chuan kum 10 vel kalta khan ka rilru hi a lo eng lo a nih chuan keimah ngei pawh hi tunah hian ka nung lo tur a ni. Khawvel mi zawng zawng hi tun dinhmunah hian an dinhmun a inang vek a, kan tanpuina an mamawh hle. Nutrition principle dik tak chu a rang thei ang bera hriat chian a ngai a ni.

Tûn laiah chuan, taksa ÿhenkhatin mi retheite hnêna chhangphut thianghlim, thlum, bawnghnute hring leh sa vawt sem chhuah nâna sum tam tak an hman dân chu ka mit ngeiin ka hmu a ni. Chutiang ei tur pianpui lo leh chhe tak takte chu mite hnena sem chhuah hmang hian, an hriat lohvin sual pawi tak an ti a, thilsiam dante an bawhchhia a ni. Pious act ber an ti ngei ang, chu mi vanduai tak takte mit tivar a, raw-vegan nih dan tur zirtir ta se.

Chaw ei ngaina zawng zawng tan chuan dum chu var a ni a, var chu dum a ni. Hun khat chu Leilung hi a ding reng anga ngaih a ni a, chutih lai chuan ni leh arsi te chuan an rawn vel a. Tu pawhin a kalh zawnga rinna an sawi chuan, mitdelte chuan mi â angin an ngai a, a chhan chu anmahni mit ngeiin Leilung hi a hmunah nghet takin a innghat a, chutih laiin ni chu van lam a pan a ni.

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Tunlai hian chutiang rilru put hmang chu a la awm chiang hle. Mihring chuan a taksaah cucumber hian a "tichhe" tih a hre niin a lang a, chutih laiin chhang dum vawi hnih a siam leh buhfai polish chu awlsam taka ei theih a nih avangin a pum hnathawh chu a "regulate" thung. Mahse, a nihna takah chuan, chutiang chhang leh buhfai hmanna ngei chu a pum chak lohna chhan tak chu a ni tih a hre lo; actually cucumber hi hun rei tak chhunga a tidam thei tur ei tur a ni.

Tûn laiah chuan mihring zawng zawng hian miin a ei rualin a a riltam laiin chaw "nutritious" plate tlemte a ei a, a organism mamawh pangngai a tihlawhtling thin. Mahse, miten chu mi cell pangngai chuan chu thil thi leh thil siam chhuah a\ang chuan ei tur chi khat pawh an la lo tih an hre lo va, an pum chu a khat viau chung pawhin an riltam hle tih an hre lo.

Tunah chuan mihring zawng zawng hian nun hrisel nei tur chuan scientific calculation hrang hrang, protein, vitamin leh mineral te nutritive value, research laboratory-a hmuh chhuah hmanga kaihhruai a ngai tih kan ring tlat a ni. Chhût tam zâwk chu a takah chuan thu dik lo tak tak leh thlalak dik tak lantîrna chhiatna thlen thei tak a ni tih an hre lo.

Tunah chuan mi pakhat a damloh chuan a neih zawng zawng chu a ring tlat a ni a tihdam theihna tura tih chu damdawi an tih rimtui bik zawn chhuah hi a ni. Chuvang chuan chu thil mak ti thei chu a zawng tan nghal a ni. Mahse, ruihhlo hmanga enkawlna hi he chaw ei hunlai hian dawithiamna a ni tih leh eng rulhut pawhin hna \angkai tak a thawk thei dawn lo tih a hre lo. Natna zawng zawng hi chhan pahnih chauh vang a ni tih pawh a hre lo: thilsiam ei tur tlakchhamna avanga cell pangngai riltam chhunzawm zel te, leh thilsiam lo, chaw chhum leh thil rimchhia dangte nghawng tha lo tak takte a chhan pathumna a awm lo. Chuvangin, natna zawng zawng laka vawi khat atan kan zalen theihna tur kawng fing tak pakhat chauh a awm. Kan ei leh in leh damdawi chi hrang hrang kan inthiarfihlim vek tur a ni a, kan cell mamawh chu natural nutrition (raw veganism) chauh hmangin kan tihlawhtling tur a ni.

Natna tihdamna hmanrua anga ngaih damdawi hi, a nihna takah chuan, anmahni ngei pawh hi natna thlentu an ni. A tlangpuiin, it

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tihsual rapthlak tak leh lungchhiatthlak tak a ni a, synthetic substance emaw, mimal nutriment emaw-a damdawi tha awm zawng zawng zawn chu thil tihsual rapthlak tak leh lungchhiatthlak tak a ni. Mahse, he tihsual tak hi a ni, kum zabi tam tak kal ta aÿanga mihringte tihsual chu. He khawvelah hian damdawi chi hrang hrang a awm lo va; natna thlentu thil bikte chauh a awm a, chu chu paih chhuah a nih chuan natna zawng zawng chu a bo vek ang. Chutiang thilte chu chaw chhum leh damdawi hming dik lo vuah rimtui (poisons) te hi a ni.

Tunlai mipa hian a civilization hi a chhuang hle a, mahse civilized tak tak a nih loh chuan a hla hle. Civilization tak tak chu technical lama hmasawnna chauh hmanga teh tur a ni lo va, MIMAL THIL THLENG LEH THLARAU THIL THAWN THINNA, VICES LEH ADDICTIONS NEIHNA LEH MIHRING THIL THIL THIL

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an lehkhabu, chanchinbu leh journal-te chu vitamin dik lo leh ei leh in bik chungchanga rawtna inhnialna leh hlauhawm tak takte nen an khat chhunzawm zel em?
Mihring chhia leh tha hriatna leh khawngaihna chu khawiah nge a awm? Khawiah nge civilization an tih hi?

Civilization chungchanga thusawi chhunzawm zeltute chuan chu chu finfiah rawh se anmahni ngei pawh hi thilsiam dan bulpui ber berte hrethiam thei khawpa civilized an ni a, mihringte natna zawng zawng laka chhuah zalen te, nunna beisei a let hnih emaw, nunphung chu a let thum emaw, a let li emawa tihpun tih awmzia hrethiam thei khawpa civilized an ni.

Hemi chungchangah hian midangte dikna chanvo hmansualna langsar ber entirnan vanduaithlak tak chu kum hnih kalta khan Los Angeles hla tak a\angin a lo thleng a ni. Ka English lehkhabu hmasa ber ka chhiar hnu chuan California-a hmeichhe pakhat, Mrs. H. Bulbeck-i chuan raw- eating diet kimchang tak a hmang ta a.
He ngaihtuahna hian mihring lam hawi zawngin a hip a, lehkhabu copy 30 order a ni a, a ÿhiante leh a chhungte zingah thuchah ÿha tak chu thehdarh a tum ta a ni. Chutih lai chuan, mi pakhat John Martin Reinecke-a chuan Los Angeles-a "Let's Live" Magazine-ah ei tur raw "ÿangkai" chungchang thuziak a ziak tih a hriat hnu chuan lehkha a thawn a, a enkawl dan chanchin a sawi bawk leh a hnu lama a pasal pahnih natna zawng zawng atanga an dam lehna te pawh a ni.

Ka lehkhabu ka chhiar hnuah khawvel hmun hrang hranga damlo tam tak chuan raw-eating an hmang a, chuvang chuan natna khirh tak tak, lu na leh pum natna awlsam tak atanga rilru lam natna leh cancer thlengin an dam tawh a ni. Kum tam tak chhung chu "specialist" thiamna sang ber berte thurawn atanga hlawkna engmah hmu lo, leh an zinga tam tak chu beiseina nei lo anga damdawi in atanga chhuahtir tawhte chuan thla engemaw zat chhungin an hriselna an nei leh tawh a, tunah chuan an nei thei ta a ni nun chak tak malsawmna zawng zawng chu hlim rawh.

Chaw siam leh thil rimchhia dangte kalsantu chu natna zawng zawng lakah a him a, natna chiam reng reng laka fihlim, hriselna leh chakna green tar age chu rintlak takin a nghakhlel thei a ni. He lehkhabu a dawt leh lamah hian chhiartuten a

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damlo hlui, an thil tawn sawiin mi dangte ÿanpui tûra lungkham tak takte hnên aÿanga ni tin lehkha ka dawng tam takte thlan chhuah. Chutiang rilru pu chungin Mrs. Bulbeck-i chuan Mr. Reinecke-a hnenah lehkha thawn a tum ta a ni.

Chu mi fel chuan ka lehkhabu ngeia ka dikna chu a ngaihsak lo va, thu a copy chhuak for word ka lehkhabu cover-a maxim paruk pek zinga pakhat zel! "Let's Live" tih February leh April, 1965 issue-ah a dah lut a ni.
Magazine chu "Adventures in Raw Foods" tih article-ah a tel a, chutah chuan thu belhchian dawl zawk $5-a hralh a rawt a ni. Mahse, thil mak ber chu, thuhmahruaiah chuan magazine editor-te chuan chu thuziak chu thuziak ziaktu ta a ni tih an nemnghet hi a ni! "Let's Live" tih ang thuchhuah hi miten chhiar loh tur a ni.

Magazine, artificial vitamin leh "dietetic" preparation advertisement atanga dam khawchhuak.

Tunah chuan kum sawm chuang zet chu khawtlang nun ka kalsan tawh a, nuam tihna zawng zawng ka hloh tawh a ni. Ka chhungte leh keimah mamawh chungchangah hian ka sum khawlkhawm zawng zawng chu zirlai kalpui leh lehkhabu tihchhuahnaah ka hmang zo vek a, chung zinga copy 10,000 chu scientific organization-te hnenah a thlawna ka sem tawh a ni leh leilung kil tinah mimal tin. Khawvel pum huapa nun hlim leh pianpui nun kawng dik tak ka hmuhtir theih nan heng inpeknate hi ka siam a, chutih chhung zawng chuan chutiang thurawn chu sum leh pai lama hralh chu ka thinlung leh thlarauvin ka dodal a ni.

Mahse vawiinah chuan Mr. JM Reinecke chuan ka ngaihtuahna leh ka maxims te chu hlawk taka hmang tangkaiin, mipui ei dan tur entir nan $5 dollars fee a phut a ni
thilsiam ei tur (natural foodstuffs) te! Hei hi zawhna buaithlak ber a ni tak zet a ni.

Hetah hian Mr. Reinecke-a thuziak pahnih atanga thu lak chhuah te chu hetiang hi a ni:

I LIVE ANG

February, 1965 khan a piang a''

JOHN MARTIN REINECKE-A THIL THAWN THIN THIL THAWN THAWN THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THIL THAWN

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American Fruit siamtu leh chhui chhuaktu a ni

DIKNA ENGKIM AWM VE VE ANG

ÿ Tuna thuziak hrang hrangah hian a ziaktu hian a ngaihdan a sawi a
mimal thil enchhinna aÿanga chhut a ni a, chubakah boruak hrang hranga mite zînga a
awm leh a zir laia a thil tawn tam takte pawh a tel bawk —
an ei tur raw leh hriselna atana tha thei thei chi hrang hrang an ei thin. — Ed.

Raw food chauh hi mihringin a ei tur a ni tur a ni. Chaw chhum ei hi thil awm lo tak a ni a, hriselna famkim kan neih theih nan he khawvel atang hian tihbo a ngai a ni. Mihring chawmna chu cell nung chauh a ni tur a ni, a chhan chu chaw chhum hi mihring natna zawng zawng thlentu ber a nih vang a ni. Chaw raw ei hian mihringte chu natna zawng zawng lakah a chhuah zalen a, mihring dam chhung chu kum 140 emaw a aia rei emaw thlengin a ti sei a ni.

Nausen piang thar chu chaw chhum ei thiam tir hi thil sual zinga pawi ber a ni a, a chhan chu hei hi a harsatna zawng zawng a intan hun a ni (Ka "Raw-Eating" first edition cover en rawh). Biologist-te chuan nature hian chawhmeh min pek loh chu a tisual tih finfiah a ngai a ni. (Edition hmasa ber, p. 32). Nausen pangngai chuan ei tur siam thlum chu a huat em em a, chu chu ei tur siam addict tan chauh duhthusam angin a lang a, chutiang bawkin opium chu ruihhlo ngawlvei tan chuan a lawmawm hle niin a lang bawk. (Edition hmasa ber, p. 33). Kitchen kang hian chaw raw tha tak hlutna zaa 90 chu a kang a, a tichhia a ni. (Ka edition hmasa ber cover).

April, 1965-ah a piang a [1]

A hmasa berah chuan natural raw food ei mai mai hian natna eng pawh atanga kan chhuah zalen thei tih hi thil theih loh ang mai a ni. Mahse a dikna chu "rin theih loh" chu awlsam takin thil tak tak tihhlawhtlin tawh a lo ni ta a ni... (First edition, p. 45).

Mite fuih hi biologist leh doctor-te tih tur a ni tur a ni
thilsiam ei tur; ei tur siamtu nutritive constituents te chu then hran lovin, a naturally balanced proportion leh an living, raw state-ah a pum pui hnaih thei ang bera ei fo tur a ni. Doctor leh biologist te hian separated hman tangkai dan hi sawi ngai lo tur a ni

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individual nutritive constituents, mahse ei tur raw famkim siam a pawimawhzia a ngaih pawimawh tur a ni.

THAWHTANNA TAWIIN

A tlangpuiin, ei leh in chungchanga science pumpui hi thupui pahnih-ah khaikhawmin mihring zawng zawng ngaihtuah turah siam theih a ni:

1.Mihring chawmna chu raw cell nung atanga siam vek tur a ni. Cell nung atanga siam ei tur chauh hian mihring thil nung mamawh phuhrukna tur mizia zawng zawng an nei vek a ni.

2.Nature-ah hian thlai taksa pangngai leh duhthlan tur a awm vek. Thlai taksa famkim leh chaw tha ber berte chu thei chi hrang hrang tha zawk, thlai hring, nut, cereal leh zung te hi a ni.

A tawi zawngin, mihring hian chaw raw chauh a ei hian hriselna famkim a nei a; chaw chhum a ei zo vek a, a damlo a; tin, chutiang ei leh in chauha a eizawnna chuan a thi bawk. (Edition hmasa ber, p. 24).

Magazine Editor-in thutawp a sawi:

Duties pressure avang hian Mr. Reinecke chu lehkha chhang turin. $5 a dawn chuan nitin a raw food menu-guide leh United States leh Tropics tana recipe te chu a kalna tur kimchang nen a rawn thawn ang che. Hengte hi lehkhabu angin a awm lo. A hnenah thawn rawh... - Ed.

Vawi tam tak chu thei, thlai leh rah zawng zawng hi ei tur ÿha famkim, quality sang ber, nutritive property inang deuh deuh vek an nih thu kan sawi uar hle. Chuvangin, "menu-guide" leh raw nourishment siam dan zawng zawng hi scientific emaw nutritional value emaw a awm lo. Mi hriat loh ber pawhin a ei duhna leh a duhzawng hriatna thupek (dictate) hmangin a dietary programme a duang thei a ni.

February thlaa Magazine ka dawn chuan Editor, Mr. Kay K. Thomas hnenah lehkha ka ziak a, nakin lawkah ka dikna chanvo humhim turin a lawm hle ang tih ringin:

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April 21, 1965 khan a piang a

Pu Kay K. Thomas-a chuan, 1133 N. Vermont Ave., Los Angeles, Calif.-ah a awm a.

Ka pu duhtak,

Mak tak maiin February number "Let's Live"-ah Mr. John Martin Reinecke-a thuziak "Adventures in Raw Foods" tih ka chhiar a, chutah chuan a ziaktu chuan ka lehkhabu cover-a thupui awmte chu thumal khat hnu thumal khatin a copy chhuak a, "Raw-Eating", leh a content angin a rawn entir tawh bawk. Khawngaihin he inhriatthiam lohna hi in issue lo awm turah hian siamthat la, nakin lawkah hetiang thil hi a thlen loh nan khawngaihin hma la rawh.

Arshavir Ter Hovannessian chuan a rawn ti a

Vanduaithlak takin thla khat vel hnuah a hnuaia chhanna lungawi lo tak hi ka dawng a, chutah chuan Mr. Reinecke-a literature lama rinawm lohna hi:

May 12, 1965 khan a piang a

Arshavir Ter-Hovannessian Kakh Avenue 21-ah Peshan Street-ah a awm a, Tehran, Persia-ah a awm a ni.

Ka pu duhtak:

April 21-a i lehkha thawn chungchangah chuan Mr. John Martin-a hnenah kan ziak a Reinecke hnenah hrilhfiahna dil a ni a, hei hi min thurawn a ni;

`Ka thuziak February thlaa installment ka en a, hmun dangah Mr. Ter Hovannessian-a thupui thenkhat chu thumal khat hnu thumal khatin ka copy ngai lo tih ka hmuchhuak. Raw foods chungchanga ka thusawi zawng zawng hi kum 25 chhung zet ka thil tawn leh ka zirchianna atanga ka ngaihtuahna leh thusawi ka khawlkhawm vek a ni. A thusawi ang chiah hi ka sawi tawh a nih chuan, thil thleng mai mai a ni a, tumruhna mai a ni lo.

`Ram chhunga ei tur raw books collection kimchang ber pakhat ka nei niin ka hria a, chung zingah chuan a lehkhabu te tak te copy pakhat ka hmu bawk.

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Chuta tang chuan copy ta ila chuan credit ka pe ngei ang. A lehkhabu chu kum khat vel kalta khan ka thianpa pakhatin min pe tih ka hre reng a; tin, Mr. Ter-Hovannessian hnenah ka thiante tan lehkhabu tlem min thawn belh turin $10 ka thawn tih pawh a sawi bawk. Chu chu thla khat vel kalta a ni. Tun thleng hian Mr. Ter Hovannessian hnen atangin pawisa pawh ka la hre lo. A lehkhabu te min thawn duh lo a nih chuan ka pawisa chu a rawn thawn let leh tur a ni, a chhan chu kum 25 kalta a ka nunna chhanhimtu chaw raw hlawkna thehdarh thatna leh zahna leh thatna chauh ka sawina a ni.'

(signed) John Martin Reinecke "Thil awmdan hnuaiah leh in i lehkhabu, "Raw-Eating" cover-a thupui awmte chu a hmang tangkai lo tih Mr. Reinecke-a thusawi thlirna, kan siam lo siamthatna chu LET'S LIVE Magazine-ah a ni.

(a hming ziak) KAY THOMAS, Editor-Publisher.

Heng thubuai tlemte chhanna atan hian a hnuaia lehkha hi ka thawn a ni:

May 27, 1965 khan a piang a ''

Pu Kay Thomas, Editor-Publisher-a chuan a rawn ti a. Ka pu duhtak:

April 21-a ka lehkha thawn May 12-a in chhanna chu lawmawm ka ti lo tih ka hriattir a, pawi ka ti hle.

Mr. Reinecke-a'n ka ngaihtuahna leh thupui a hman dik loh avangin in magazine hi mawhphurtuah ka ngai a, satisfaction dil theihna ka nei bawk.

Mr. Reinecke-a'n vantlang bumna a tih chu dik taka sawifiah i tum a, ani chuan ka ngaihtuahna chu dollar nga-in a hralh chhunzawm zel. Ka campaign hian hetiang sum lakluh hi a tum ber a ni.

$10.00 chungchangah chuan, Mr. Reinecke-a'n a thawn nia a sawi chu me with an order for books, a hnen atangin pawisa leh lehkha ka dawng lo tih ka sawi hi pawi ka ti hle.

ATERHOV chuan a rawn ti a

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He lehkha thawn hi Mrs. Bulbeck-i ngilnei takin "Let's Live" Magazine April number min thawn khan a tawp tawh a, chutah chuan a chunga kan hmuh ang khan literature lama rinawm lohna entirnan langsar zawk a awm a ni. Ka thuziak leh Mr. Reinecke-a thuziak "inanna" te hi thil thleng mai mai nge tumruh taka tih a nih leh nih loh chu chhiartute kutah ka dah a ni.

Editor chuan mawhphurhna chu a kekawr ipte aÿangin a tikehsawm thei lo, a chhan chu ka lehkhabu, thla engemaw zat kalta a a magazine-a enfiah tawh chu a hre chiang hle a, Mr.
Reinecke hian chhanna awm lo leh sawichhiatna hmangin thil a tichhe zual mai. Ka hnena a thawn nia a sawi dollar sawm chungchanga zawhna awmze nei lo deuh chungchangah chuan, vantlang hmaah bank hming emaw, pawisa min thawn nia sawi dan emaw hriat ka phut a, chu chu engmah hriatna ka nei lo.

Diet bik rawtna zawng zawng chu tihbo vek tur a ni leilung ata hla takah. Mihringte hian CHAI THAWH THIN THIL THAWN THIN ENGMAH ENGMAH A PE LO tih leh MIHRING CHU SASA ei LO A NI LO tih chiang takin kan hriat a ngai a ni. Hemi piah lamah hian MI TININ A DUH DUH LEH A DUH CHUAN EI RAWH. Hei hi mimal duh zawng a ni vek.

Kan "dietician" te hian recipe leh menu list sei tak tak nei te thluak an ti buai em em a, mi tam tak chuan kei pawh hi chu "expert" unau zingah chuan ka tel ve niin an ngai a, chuvang chuan consuming program dil turin min ziak fo thin natural food. Hetah hian hun remchang hmangin an zavaia chhanna inzawmkhawm pek ka duh a ni.

Tun atang chuan dietetic program bik a awm tawh lo tur a ni a, tu tan pawh recommendation emaw schedule emaw siam a ni. Mihring chuan a duh apiang, a theih hun apiangah leh a ei duhna angin a ei tur a ni, thil nung dang zawng zawng ang bawkin, rulhut atanga sakeibaknei thlengin, Rannung dangte erawh chuan, a tlangpuiin chutiang thil chu awlsam taka awm thei ang chite chu an ei tur a ni an tan a awm thei; Clover, hay, 100 te nen khaikhin rawh.

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tlang buh, thing hnah leh thlaler hling buh, rah, thlai leh thei chi hrang hrang awmna.

Raw-eater chuan ni khatah vawi khat emaw, ni khatah vawi sawm emaw a ei thei a; a chawm mai thei thei chi khat emaw, chi za emaw chungah. Hriselna lam atanga thlir chuan danglamna a awm lo, a chhan chu mimal raw vegetable foodstuff tin hi a hrana ei chuan a takin ei tur tling tak a pe a ni. Raw-eater chu "scientific" emaw "dietetic" emaw recommendation list-in a kaihruai tur a ni lo va, a appetite leh palate-in a phut angin a kaihruai tur a ni a, chu chu natural nutriments thlan kawngah a kaihruaitu dik lo tak a ni reng ang. A rintlak ber, a him ber leh awlsam ber chu kan ei tur chu nature-in min buatsaih leh min rawn hlan dan angin kan ei a, kan ha hnuaiah kan hrual mai mai a ni. Mahse tu pawhin salad leh mixed dish dang siam turin hun leh chawlh a neih chuan a ei ngei ngei tur a ni

inbuatsaih hnu lawkah, chutiang a nih loh chuan hun kal zelah mihring chu ei tur chi hrang hrang degeneration thar lam pan turin a hruai ang.

Mite chuan natna pakhat zel etiology, diagnosis, therapeutics, damdawi, vitamin, mineral, protein, hydrotherapy, electrotherapy leh a ang chi thil dang sawina lehkhabu an chhiar tawh lo tur a ni, a chhan chu natna zawng zawng hi chhan pakhat atanga lo chhuak a ni a, tihdam dan inang pakhat an nei vek a ni .

Vegetarian tam tak, leh non-vegetarians pawh, ei tum a a tlangpui aia rah tlemte chauhvin raw-eater anga inngaih theihna an nei. Mahse, thla khatah chaw chhum vawi khat pawh ei chuan tumahin raw-eater-ah an inngai thei lo, a chhan chu chutiang chuan natna lakah a inthiarfihlim vek thei ngai lo vang. Hei hi a chhan chu raw-eating hmasa berah chuan natna vei cell engemaw zat chu muthilhna hmunah an tlu lut thei a, chutiang dinhmunah chuan hun rei tak chhung an awm rei thei a ni. Chumi hnuah chuan thla khata chaw chhum vawi khat chauh chu anmahni tihnun leh theihna hun remchang siamsak turin a tawk mai thei. Raw-eater chuan chaw chhum tlemte a ei meuh chuan, chu natna hrik cell-te chu chaw thar a pe a, nunna thar a pe ngei ang tih a chiang hle. Chuvangin, mi pakhatin natna hripui ata a chhuah theih loh chuan a chhuah ngei ngei tur a ni

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chutiang bawhchhiatna ÿhenkhatah chuan a chhan chu zawng la, hmun dangah chuan zawng rawh. Chutiang default-te chu a dikna (justification) a awm thei lo tak zet a ni.

Raw-eating kimchang dodalna thu bulpui nei lo ber pakhat, . chu chu a chang chuan hmarchhak ram thenkhat leh a bik takin England atanga ka hnena thleng thin chu boruak awm dan inang lo hi a ni. Mihringin buhfai raw kut zungtang khat a hmuh theih chhung chuan eng ram pawhah natural nutriments tlakchhamna hi zawhna awm thei a ni lo. Chu bâkah, chaw chhum chuan mihring nungchate chu chaw ÿha ber a pe lo tih ngaihtuah chuan, miten anmahni an chawm theih a, nunna an chhawm nung thei a nih chuan khawvêl hmun zawng zawngah ei tûr a tling a ngai a ni. Kan ei leh in atanga chaw chhum (cooked foods) kan paih chhuah hian kan chaw ei tur (nutritive value) hi engmah kan tichhe lo va; chu ai chuan, thil rimchhia leh chhiatna thlen thei thil lakah kan zalên a ni. Hêng thutak awmzia kimchang hi kum engemaw zât chhûng raw-eating hlâwkna dawng tawhtu chauhvin a hre thei a ni. Biologist-te'n chaw chhum chu chaw siamna anga an lantir tumna "scientific" postulate zawng zawngte chu ngaihdan dik lo leh ngaihdan dik lo (vain delusions) a ni.

Thil awmdan angin, tun dinhmunah hian ram thenkhat an awm a miten ei tur "tchham" an tuar a, riltam hlauhawmna hnuaia awm rengna hmun, chutih lai chuan khawvela thil tam tak thlen theihna tur thilmak, hun rei tak atanga an lo nghah tawh chu tihhlawhtlin nan official declaration chauh a ngai a ni. Vanduaithlak takin, he thupuan awlsam leh chiang tak, COOKING DEBASES NATURAL FOODSTUFFS AND CONVERTS THEM INTO HARMFUL SUBSTANCES tih hi khawiah mah a lang lo, kum 1963 atang tawh khan he thudik sawisel theih loh hi thuneitu lar ber ber leh scientific circle zawng zawngte hriatah ka rawn thlen tawh a ni khawvel a ni. Hei hi tunlai mihringte zingah hriat lohna, ngaihdan dik lo, rinna dik lo leh ruihhlo ngawlvei tenawm tak takah an inhnamhnawih thukzia tilangtu a ni. Civilization leh hmasawnna ang chi thumalte hi sawi leh ziak zawng zawng awm mah se, chaw siam hi thil awm lo leh chhiatna thlen thei thil a nihzia pawm duh lo mite chunga hman a nih chuan a hrual hrual a ni.

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Biologist-te chuan an hriatnaah hmasawnna mak tak tak an nei niin an sawi. Ka ngaihdan chuan hma an sawn poh leh engmah an hre lo tih an hriat a ngai a ni. Tin, thilsiam finna dik tak kalh zawnga anmahni hriatna chu thil tlemte chauh a ni lo tih zalen taka an pawm theihna hmun an thlen chuan thil an zir tak tak tih chu pawm theih a ni tak zet a ni.

Chutiang biologist "tunlai hriatna leh zirnaa inhnamhnawih" zingah chuan kum 140 emaw 150 emaw thlenga dam tawh, patriarch zah tak takte kan tawk lo. Chutiang mite chu zirlai hmunpui ropui tak tak atanga hla takah, thilsiam rilruah, ruihhlo leh ei tur chhe lutuk avanga chhiatna laka a then an himna hmunah kan hmu thin. Tuna an ei tur a tawrh mek, a chhe lai thenkhat pawh hi chhanchhuah ni ta se, an dam chhung chu eng chen nge a rei ang a, a hrisel zawk ang. Tuna medical science ngaihdan zawng zawng deuhthaw dodal theihna tur dikna leh huaisenna min petu chu 100 PERCENT RAW EATING hian NATNA ENGKIM A RADICALLY AND SIMULTANEOUSLY A TI AWM THIN THIN. Fiah la, i ring tlat ang.

Mi zawng zawng hi tualthattu leh misual anga ka ngaih hian, eng emaw chhanna emaw, thil dang emaw hmanga damlo leh misualte chu an NATURAL NUTRIMENTS — thlai leh thei thar — chu an hriselna hloh tawh siam\hatna tur THE ONLY EFFECTIVE MEANS a nih khaptu zawng zawngte chu tualthattu leh misual anga ka ngaih hian ka sawi uar lo . An hriat lohna lungchhiatthlak tak hmang hian chu "scientist zir chhuak" te chuan Attila emaw Hitler emaw aiin thahna nasa zawk an ti a ni. An rawtna âtthlâk tak takte hmang hian mi maktaduai tam tak an that a, ni tin, engmah hahdamna leh chawlh hahdamna awm lovin. Chutiang bawka hriat lohna nei misual zingah chuan damdawi, in tur, zuk leh hmuam, refined floor, chhang, sa, confectionery, sugar, tea, coffee leh heng ang chi hliam thei thil dang tam tak siamtu leh semtu zawng zawngte pawh an tel a ni. Chutiang thil pianphung lo, chhe tawh siamtu factory tin hian atom bomb aiin mihringte a t

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Mihring \anpuitu zawng zawngte chu heng thutakte hi thusawi hmang leh ka thu leh hla chhuah hmanga thehdarh tura min pui turin theihtawp chhuah turin ka ngen a ni.

Raw-eater-te chu an natna atanga dam tawhte chuan an dam leh dan kimchang chu press leh mawhphurtu zawng zawngte kutah dah turin mawhphurhna bik an nei a ni.

A tawp berah chuan, journalist-te chu an chanchinbu column-ah chuan chutiang thusawi khaikhawmna chu tihchhuah a, thuneitute'n an lethargic inactivity-a an awm reng chhan hriat an phut chu bounden duty a ni.

PART THUMNA

RAW-EATING-a Hlawhtlinnate

Chhiartute tam tak chuan raw-eating hmanga hlawhtlinna an hmuh dan min zawt turin lehkha min ziak thin. An thil hriat duhna tihhlawhtlin nan thu pawimawh tak tak ka pe thei hi ka lawm hle.

Ka Armenian tawng volume hmasa ber tihchhuah a nih atanga kum khat hnuah work in 1960, Persian tawngin lehkhabu tawi zawk ka tichhuak a, chuta tang chuan institution hrang hrang, thuneitute leh press hrang hrangah a thlawnin copy 4,000 ka sem chhuak a. Tehran khawpui chanchinbu leh periodical-te chuan he lehkhabu hi an lo dawngsawng tha hle a, an zinga tam tak chuan chutiang chungchangah chuan review thui tak tak an ziak a ni.

He lehkhabu hian Court circle-ah ngaihven a hlawh hle. Chumi Her Highness Princess Shams Pahlavi pasal, tuna Minister of Culture ni tawh Mr. Mehrdad Pahlbod-a chuan a chenna inah min sawm a, ka lehkhabu chu Shah (lal MohamadReza Pahlavi) ngaihvennain chawimawi a nih thu min hrilh a, ani chuan a sawi belh zel turin a hrilh a ni thupui chungchanga zawhnate. A hnuah Mr. Pahlbod nen hian vawi ruk emaw pasarih emaw inrawnkhawmna kan nei tih ka record thei hi ka lawm hle. Red Lion and Sun Society Secretary General, Dr. Abbas Naficy leh Khajenouri Maternity Hospital Director, Dr. AbulGhasem Naficy,

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leh specialist lar dang engemaw zatin ka ngaihdan an fak a, an thawhhona min tiam bawk.

Orphanage pakhatah naupang engemaw zat chu raw- eating hmanga enkawl turin thupek chhuah a ni. Chu bakah, naupang damdawi in pakhata damlo enkawlnaah leh day nursery pakhata nutritional system siam\hatnaah pawh raw-eating principle chu hman a ni tur a ni. Vanduaithlak takin practice tak takah chuan harsatna hrang hrang ka tawk a. Rei lo teah doctor leh official-te ngaihdan dik lo nei sipai tam tak nen kan inhmachhawn a, anni chu ngaihtuahna thar nen ka imbue a ngai ta a ni. Hei hi thil awlsam tak a ni hauh lo. Affair zawng zawng chu tihkhawtlai a nih avangin ka chau a, pawi tihna thuk tak nen ka kalsan ta a ni.

He hlawhchhamna hi a pawi zawk a, a chhan chu, ei leh in pianpui lo avanga nursery-a naute chu chak lo leh natna nei lo taka an awm reng laiin, damdawi inah erawh chuan artificial vitamin, damdawi rimchhia leh rannung protein-te an rinchhan dan chu hnai tak atangin ka enfiah a ni nu hnute leh thilsiam ei tur nei lo, hnute hmin leh chhang var chu an bulpui ber atana hmang naupang chak lo, vun hring tak takte chu thihna kut atangin chhanchhuak rawh. Sawi belh vak ngai lovin, natural, faultless nutrition mamawhna hi ngaihtuah a ni lo.

Mahse, chu inbiakpawhnate bakah, medical conference engemaw zatah ka telna chuan zirlai pawimawh tak tak min zirtir a ni. A hmasa ber leh pawimawh ber chu, ka ngaihdan ka rawn dahte hi thilsiam dan bulpui leh awlsam ber ni mah se, zirna sang tak nei, rorelna zalenna leh rilru zalenna nena inmil mite chauhvin an digested leh assimilated tih ka hrechhuak ta a ni. Mi mediocre intellect nei chuan layperson chuan tunlai medical science pumpui hi a tidanglam thei ang tih leh scientific khawvela dietetic conceptions awm mekte chu a ti buai thei ang tih a ngaihtuah thei lo.

Chuvang chuan English leh
scientific leh political circle sang ber berte hriatah thehluh tur a ni. Harsatna lian tak takte hnehin, ni khatah darkar 16 chhung zet lehkhabu ziak turin ka thawk a, chu mi hnuah chuan English-ah ka letling tir a, ka tichhuak ta a ni

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1963. Tichuan, lehkhabu hrang hrang a\angin address 3,000 ka la chhuak a, khawvel roreltu zawng zawngte hnenah leh university, scientific center, international organization, leh chanchinbu leh periodical magazine lar tak takte hnenah lehkhabu copy 4,000 vel ka thawn a, complimentary copy 4,000 vel ka thawn bawk. Lehkhabu tam zawk chu ka sign tak tak a, lehkha pakhat ka dah tel bawk. Hei hi khawvel zau zawng leh zau zawng zawnga ka ngaihdan thehdarh dan rang ber leh remchang ber niin ka ngai a.

Results chuan ka beisei sanguine ber pawh a phak lo. Thla engemaw zat chhunga lehkha leh chanchinbu sang tam tak ka dawnte chuan ka lehkhabu hi khawvela mi langsar leh thuneitu zawng zawngte'n ngaihven takin an chhiar a, an zinga tam tak chuan ka ngaihdan dik tak chu hreh lo takin an nemnghet tih rinhlelhna ka nei lo.

Tun hnai kum engemaw zat chhung hian ka khawtlang nun ka bansan mai ni lovin, ka lehkhabu ziah zingah zan leh zan inpekna tur atan ka mimal sumdawnna pawh ka bansan vek a ni. Mahse, mak tak maiin, ka hriatna ka chhuahsan tawh nia ngai mi an awm a, chu chu hausakna khawlkhawm a, ei leh in leh hlim taka ka hun hman loh lai ai chuan ka sum khawlkhawm zawng zawng chu lehkhabu thenkhat tihchhuahnaah ka hmang vek vang mai a ni , chu chu mi zawng zawng hnenah a thlawnin ka sem chhuak thin.

Mahse ka ngaihdanah chuan kan mihringpuite tana mahni hmasial lova rawngbawlna atanga lungawina lo chhuak aia nasa zawk nun nuam a awm lo. Mite chuan lal in ropui tak tak an sa a, an hmuh chuan an lawm hle. Tunah chuan khawvel hmun hrang hrang atanga nitin lawmthu sawina, lawmthu sawina leh lawmthu sawina lehkha tam tak ka dawn apiang hian ka tan chuan building hlutna famkim a nei vek tawh a ni. Tin, lehkha chu ka thurawn avanga natna khirh tak atanga dam tawh leh a chhandamtu anga min ngaitu hnen atanga lo kal a nih chuan ka hlimna hi a tawp emaw, a tawp emaw a awm lo va, chu chu heng zawng zawng hi a lo ni tawh tih hriatna hian a tizual zual sauh a ni hlawh engmah nei lovin tih a ni.

Beisei loh thihna an tih avanga hmun tina mi an boral ka hmuh hian ka thlarau chu chhun leh zan hian a hrehawm hle. Chu mite chu an THI LO tih chiang takin ka hre chiang a; thilsiam lo leh thil siam chhuah plate khata khat avang hian â takin an INTHLAH THIN

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chaw. Nu hlauthawng tak pakhatin a fa sual nei lo hnen atanga thei ropui ber ber a laksak a, chu ai chuan chhang, bawnghnute leh sa thihna thlen thei chu a kutah a thun lut ka hmuh chuan ka thinlung a thisen chhuak thin.

English ka lehkhabu hmasa berah khan a zawng zawng deuhthaw chu tawi te tein ka lo khawih tawh a harsatna kaihhnawih a awm. He volume-ah hian ka thusawi hmasa ÿhenkhat chu ka tizual a, zawhna pawimawh engemaw zat chu thui deuhin ka sawi a, chu chuan mipui zahawm takte hriatthiam theih phah a ni. Mahse, lehkhabu hi a tawp berah ka thlen hmain, ka English lehkhabu hmasa ber leh ka thuchhuah dangte pawhin an lo dawnsawn dan chu chhiartute hriattir ka duh a ni.

Khawvel roreltute leh thuneitu hruaitu dangte hnena ka lehkha thawn copy

Ka lehkhabu "Raw-Eating" tih chu complimentary copy dawng turin min chawimawi dawn nia. I darkar hlu tak tak tlemte chu lehkhabu chhiar nan i hmang thei ang tih thinlung takin ka beisei a ni.

Chaw chhum chu mihring ei leh in pangngai anga ngaihin, mihring pum pui chuan mitdel takin tihboralna kawng thihna thlentu chu a zawh ta a ni.

Lehkhabu-a tarlan ngaihdan leh rawtnate pawm dan in hnam hamthatna atan a hlawkpui ber ang.

Chhanna dawn atanga copy tlemte leh extract:

Persia Prime Minister, His Excellency Mr. Amir Abbas Hoveyda hnen atanga lehkha thawn chu:

Tehran-ah chuan 18th October, 1965 khan a piang a

Pu A. T. Hovanessian-a chuan,

"I lehkha leh a bula i thawn lehkhabu kha ka dawng ta."
Tun hnai thlenga hnathawhna hmuna nawrna nasa lutuk vangin i lehkhabu chhiar hun hahdamna ka hmuh theih loh chu pawi ka tih rualin, min rawn hlan avangin lawmthu ka sawi tak meuh meuh a ni.

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(A hming ziak) AMIR ABBAS HOVEYDA, Prime Minister.

*** .

American Embassy-ah June 29, 1964 khan a lo piang a.

Pu Aterhov duh tak:

March 28, 1964-a President Johnson-a hnena i lehkha thawn chu White House-ah kan dawng tawh a, chubakah i lehkhabu, 'RAW-EATING' tih copy pawh a inzawm tlat bawk.

Embassy chu President-in in hnena thlen turin hriattir a ni
i lehkhabu hmuh theihna hun remchâng i pêkna kawnga i ngaihtuahna fim tak avânga lawmthu sawina.

WALTER G. RAMSAY, 1999 khan a lo piang a.

Ambassador, Tehran-a thawktu Staff Aide a ni.

*** .

Windsor Castle-ah hian 27th April, 1964 khan a piang a

Pu Aterhov duh tak, .

The Queen hnen atangin The Queen hnena lehkha i thawn avangin lawmthu sawi turin thupek min pe a ni Prince of Wales, leh i lehkhabu ziah copy atan pawh.

Her Majesty chuan he lehkhabu hi a fapa hnena thawn hi i chungah a tha hle niin a hria a, The Queen chungah lawmthu ka sawi tak zet che a ni.

MARY MORRISON, England rama Lady-in-Waiting-a Windsor Castle-a awm a ni.

*** .

Paris-ah chuan 29 AVR a ni. 1964 khan a lo piang a

Monsieur, 1999 a ni.

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Le General de Gaulle chuan a vawi hnihna atan plaquette a siam a, chu chu a hlawhtling hle aimablement-a awm tur a ni.

Monsieur le President de la Republique m'a chargé de vous remercier de l'intention qui a inspire cet anvoi.

(Signature) Secretaire-a tel tur a ni.

*** .

Moscow-ah June 21, 1964 khan a piang a.

Pu Aterhov duh tak, .

I lehkhabu 'RAW FOOD' ka dawn avangin lawmthu ka sawi e IS THE PRINCIPLE OF NUTRITION' tih hi ngaihven takin ka zirchiang mek a ni.

S. KURASHOV, Mipui hriselna Minister, ussr.

*** .

Phnom-Penh, le 9 Janvier, 1965-ah a ziak a

Monsieur, 1999 a ni.

Je vous remercie sincerement de votre envoi de l'ouvrage 'RAW-EATING' dont vous etes l'auteur leh vous felicite les recherches leh les experiences que vous poursuivez sur l'alimentation.

Avec tous mes fuihna je vous prie d'agreer, Monsieur, 1999 a ni. l'assurance de ma haute ngaihtuah tur a ni.

NORODOM SIHANOUK UPAYUVAREACH, 1999 khan a lo piang a.

Chef de l' Etat du Cambodge chuan a rawn ti a.

*** .

Phnom-Penh, 11'" August, 1964-ah a ziak a.

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Pu Aterhov duh tak, .

Lawm takin i lehkhabu ropui tak hming ka dawng ta a ni 'RAW-EATING' tih a ni. Lehkhabu hming hian a thupui hriat duhna thuk tak min pe a ni.

Lehkhabu ka kal kual hnu chuan lehkhabu chhunga i ziah thudik zawng zawng chu ka ring tlat a ni...

Lehkhabu hi ka tan chuan a hlu em em a ni. I hnen atanga hriatrengna theihnghilh theih loh atan ka dah a ni.

Tunah chuan, ka hnam tana hlawkna nasa ber a pek theih nan he lehkhabu hi Cambodian tawnga lehlin turin phalna ka dil ang che. Science thar i hmuhchhuah thar hian mihring zawng zawng dam khawchhuahna kawngah kawng thar a siam ngei ka beisei.

CHUON NATH JOTANNANO, 1999 a ni.

Cambodia rama Monk-ho hotu ber (Supreme Chief of the Monks) a ni.

*** .

A rilru a hah lutuk chuan a rilru a buai em em a. 25 Juillet, 1964.

Monsieur, 1999 a ni.

En accusant lo dawngsawng de votre manuel `RAW-EATING' que vous avez eu l'amabilite de me faire parvenir, j'ai l'honneur leh le plaisir de vous informer que ce livre m'a beaucoup interestse leh je vous en remercie vivement.

NORODOM KANTOL, 1999 khan a lo piang a.

President hna thawktu, Royaume du Cambodge-a chuan a rawn ti a.

*** .

THE WHITE HOUSE, June 1, 1964-a tihchhuah a ni.

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Pu Aterhov duh tak, .

Tun hnaia i lehkhabu copy min rawn thawn avangin lawmthu ka sawi e. Ka en reng a

forward to a few free hours ka chhiar theihna hun ka neih hunah chipchiar deuh deuh.

RICHARD W. REUTER, President-a Special Assistant leh Director, Food For Peace, USA-a thawk a ni

*** .

Luxembourg-ah May 13, 1964 khan a piang a.

Ka pu duhtak,

An Royal Highnesses The Grand-Duchess leh The Hereditary, Grand-Duke of Luxembourg te chuan 23rd March 1964-a i lehkha ngilnei tak, An hnena i lehkhabu 'Raw-Eating' i thawn kha ka dawng tih hriattir turin min duh a ni.

An Royal Highnesses te chuan he ngaihsakna ngilnei tak hian min khawih hle a, nangmah rawn thawn turin min charge a ni. An lawmthu kan sawi tak meuh meuh a ni. I lehkhabu chu ngaihven takin an chhiar ang.

Major Germain FRANTZ, Aide-de-Camp-a chuan a rawn ti a.

*** .

Taiwan-ah August 18, 1964 khan a piang a.

Pu Hovannessian duh tak, .

May 12th-a i lehkha thawn chu ngaihven takin ka chhiar a, chu chu `Raw- Eating' tih thupui hmanga enclosed volume tih a ni. Mihring zawng zawng tana rawtna i siam, ngaihtuahna tibuaitu tak a ni a, kan hriselna leh kan thlah lo la awm turte hriselna ngaihtuahtute chuan uluk taka zir chian a phu niin ka hria. He volume min rawn thawn tura ngaihtuahna seng tak tak min pek avangin lawmthu ka sawi tak meuh meuh a ni.

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CHEN CHENG chuan Prime Minister a ni.

*** .

Teheran-ah hian Octobre 18, 1964 khan a piang a.

Cher Monsieur, kum 1999 a ni.

L'Ambassade de la RSF de Yougoslavie a l'honneur de vous informer d'avoir recu une lettre du Secretariat General de la Presidence de la RSF de Yougoslavie par laquelle est confirmee la reception du livre RAW-EATING' dont vous avez eut l amabilite d'envoyer au President Tito chuan a rawn ti a.

Le Secretariat General vous remercie cordialement, au nom du President Tito, vote thlak tur aimable envoie chu a rawn chhuak a.

VLADIMIR MILOVANOVIC, thurawn petu a ni.

*** .

Transport House, London-ah 29th April, 1964 khan a piang a.

Pu Hovannessian duh tak, .

I lehkhabu `RAW-EATING' kha complimentary copy min rawn thawn kha i ngilnei hle a, i rawtna dietary principles te zir chianna hun remchang hmasa ber ka hmang ang.

AL WILLIAMS, General Secretary, 1999 khan a lo thawk tawh a ni.

LABOR PARTY AH KAN LO AWM VE ANG

*** .

Washington-ah May 15, 1964 khan a piang a.

Pu Aterhov duh tak, .

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Tun hnaia i lehkhabu, Raw-Eating' copy min pek avangin lawmthu ka sawi e. A chhunga thu awmte chu chhinchhiah a ni tawh a, i ngaihtuahna senga i thawn chhuah hi ka lawmpui hle.

JOHN M. BAILEY, DeMOCRATIC NATIONAL COMMITTEE Chairman chuan a rawn ti a.

*** .

Berne-ah chuan 26th February, 1964 khan a piang a.

Ka pu,

I lehkhabu ziah copy kan dawng tih kan pawm a, lawmthu kan sawi bawk a ni:

Raw-Eating (survey tlangpui) a ni. Mi zawng zawng hian a taksaa thil pawimawh tak tak (integral raw materials) chu kan hre vek tur a ni,' tih hi ngaihven takin kan chhiar a ni. Kan fakna nen,

SWISS FEDERAL MIPUI HRILHFIAHNA,

Foodstuff Control hotu, RUFFI chuan a sawi.

*** .

Port-au-Prince, July 16, 1964-a tihchhuah a ni.

Pu Aterhov duh tak, .

`Raw-Eating' tih lehkhabu i ziah avangin lawmthu kan sawi tak meuh meuh a ni. He lehkhabu hian ka ram pum huap hlawkna tur harsatna a hmachhawn avangin a cover atanga a cover thlengin chhiar a ni ang.

Lehkhabu-a i rawtna hian a tlin ngei ka beisei requirements of all a ni a, kuminah chuan hralh chhuah tam ber a ni ang.

DEPARTMENT DE LA SANTE PUBLIC ET

DE LA MIPUI, GERARD PHILIPPEAUX, SECRETARY OF

NIHPHUNG,

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Republique d'Haiii chuan a rawn ti a.

*** .

Berlin-ah June 4, 1964 khan a piang a.

Pu Aterhov duh tak, .

German Democratic Republic President, Walter Ulbricht chuan a hnena lehkhabu i thawn avangin thinlung takin lawmthu a sawi a ni.

A hma ang bawkin i thusawi te hi chipchiar takin sawisel a ni thei — a tam zawk surely being above all the concern of the specialist: the doctor, the nutritional scientist, etc. Chuti chung pawh chuan, ei leh in lama hmasawnna dik tak thlen theihna tura theihtawp chhuah a ngai tih hi kan pawm chiang hle.

German Democratic Republic sawrkar, a bik takin Ministry of Health chuan he zawhna hi an ngaihven hle a ni. Nunphung hrisel siam turin tun hnaiah hetah hian committee din a ni a, an thil tum pakhat chu ei leh in chungchanga thu bul dik takte lar chhuah hi a ni.

HUTH, Chancellery of State-a Chief Adviser a ni.

*** .

La Habana, kum 1964-a 24 de agosto-a ziah a ni.

Estimado doctor chuan:

Acuso recibo de su amable envio del libro `Raw-Eating', gentileza que aprecio muy sinceramente y espero disfrutar de su lectura y recoger del mismo, las ideas y orientaciones valiosas quesu experiencia en esta materia nos trasmite por intermedio de su lectura.

Dr. JOSE R. MACHADO ' VENTURA, MINISTRO-DE SALUD PUBLICA, Cuba ramah hian a ziak a ni.

*** .

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La Paz (Bolivia), July 10, 1964-ah a piang a.

'Raw Eating' chungchanga i lehkhabu complimentary copy min pek avangin lawmthu kan sawi tak meuh meuh a ni. Ka la chhiar kim lo va, bung thenkhat chauh ka thlir kual a ni. An-a i ngaihdan i sawite hi sawiselna awm mah se, mi tichaktu a ni. Anmahni comment thei dinhmunah ka la ding lo a, mahse i lehkhabu lo dawnsawn dan leh ka ngaihvenna a siam dan hi hriattir ka duh che u a ni.

Dr. GUILLERMO JAUREGUI G. Mipui hriselna Minister.

*** .

Beograd-ah chuan 20th April, 1964 khan a piang a.

Hei hi i lehkhabu 'RAW-EATING' tih kha complimentary copy min rawn thawn avangin lawmthu sawina a ni a, chu chuan ei leh in tha tawk chungchanga harsatna ngaihtuahtute zingah ngaihvenna nasa tak a siam ngei ang.

MOMA MARKOVICH chuan a rawn ti a ¨ Federal Secretary-in hriselna leh khawtlang nun dan a zirchiang a ni.

*** .

Infuihna leh lawmthu sawina lehkha pawh kan dawng tawh bawk a hnuaia mize hrang hrang atang hian:

Netherlands Lalnu; Denmark Lal a ni a; Lal a ni Sweden ramah; Belgium Lal a ni a; Antonio Segni, Republic of Italy President chuan a rawn ti leh a; Austria ram President Adolf Scharf-a te; Costa Rica President Fransico Orllch-a chuan a sawi a; India ram President S. Radhakrishnan leh India ram hruaitute; Australia ram Governor-General de Lisle-a te; Finland President Urho Kekkonen-a te; Ireland ram President Eamon de Valera chuan a sawi a; P. Van de Calseyde, MD chuan a sawi a Khawvel hriselna pawl, Copenhagen, Denmark-a Director; Canada rama National Health and Welfare Minister Miss la Marsh-i te; CH. Shapirah, Israel ram chhunga Minister of Interior; Guatemala rama hriselna lam minister Alfonso Ponce Archila; Ethiopia rama mipui hriselna Minister Abbebe Retta; Yuichi Saito, Chief Liaison Officer, Ministry of Health-a leh...

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Welfare, Tokyo-a awmte; India ram Gujarat-a Minister of Health and Labour, Shri Mohanlal Vyas-a; Ireland rama Health Minister MacEntee-a leh; Marga AM a ni Netherlands rama Health Minister Klompe-a leh; Malta Prime Minister Giorgio Borg Olivier-a te; Gudrun Sanz leh Elsie Waerndt te chu Nobel Foundation, Sweden-ah an thawk a; Liberal Party London-a hruaitu J. Grimond-a chuan; Luxembourg Prime Minister Pierre Werner-a te; Ireland Prime Minister Sean F Lemass-a te; Australia Prime Minister Robert G. Menzies-a te; India ram Gujarat Bawrhsap Mehdi Nawaz Jung leh India ram Governor; Maharaja Shri Jaya Chamaraja Wadiyar Bahadur, India ram Madras Governor; SK Patil, Minister of Food and Agriculture, India ramah te; India ram West Bengal Chief Minister PC Sen-a te; Ceylon ram Governor-General William Gopallawa-a te; Canada Prime Minister Lester Pearson-a te; India ram Rajastan Governor Sampurnanand-a te; India ram Punjab Chief Minister Shri Partap Singh Kairon-a te; Robert Fraser, Independent Television Authority, London-a thawk: Pu.

Sarnoff-a, President, National Broadcasting Company, New York-a awmte leh chutiang bawkin chungah…

Ram tam takah lehkha thawn a ni tawh a mahse in hriat angin mail thenkhat chu an policy dik lo, hlauhawm leh zalenna dodalna avanga riltam leh retheihna tam zawk leh harsatna dang nei ram chak lo zawk politician-te hnenah thawn a ni tawh a, chuvangin an kawng an thlak a nih chuan leh an mite tanpui a nih chuan hnam hmasawn hausa leh remna nei tak an ni thei ang. An kawng an thlak danglam chuan Raw Veganism hi an tan chuan a pawimawh hle.

A hnuaia hriattirna hi Vegan Society, Great Britain (September 1964) official organ-ah tihchhuah a ni: "A fapa kum 10 mi leh a fanu kum 14 mi chu unnatural nutrition tia a hriat chhuah avanga a boralna lungchhiatthlak tak chu, Arshavir Ter Hovannessian chuan ei leh in chungchang zir chianna thuk tak a siam a — a rah chhuah chu 'RAW-EATING'-ah a ni a, chu chu Tehran atanga kan dawn chu kan lawm hle a ni.

Thil rintlak takin kan ngaihdan hmasa zawng zawng deuhthaw chu a tichhe vek a ni ei leh in chungchangah te, vegans te pawhin an eitur siam tawhte nen chuan a nghing deuh niin an hria.

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Synthetic vitamin chungchangah hian thu bengchheng a awm lo va, ei tur raw a zawm tlatnaah hian vitamin B12 leh vitamin ‘ pawimawh’ dangte bogey chu a round dan tur a kawhhmuh mai thei bawk.

A thusawi chu kan pe thei lo va, a fanu, kum ruk miah erawh chuan Anahit hian a dam chhungin ei tur siam chhuah emaw, a chhe tawh emaw pawh a ei ngai lo a, a ei leh in siam chhuah thatzia finfiahna langsar tak a ni a, hei hi hetah hian kan tarlang a ni.

Chumi hnuah chuan, a pum puiin, a tawp lama appendix pek chu an print chhuak a lehkhabu, chutiang bawkin Anahit thlalak pawh.

*** .

Wilmslow-ah chuan 20th April, 1964 khan a lo piang a:

Raw-Eating copy min rawn thawn avangin lawmthu kan sawi tak meuh meuh a ni. Ngaihtuahna chu a bul berah chuan a dik tih ka chiang a, raw food diet-a remedial quality ropui tak takte pawh kan hre chiang hle.

I duh chuan i fanu duh tak Anahit thlalak min rawn thawn la (back cover-a awm ang bawkin), kumin kumtawp lamah THE BRITISH VEGETARIAN-ah i lehkhabu aÿanga appendix nen ka tichhuak thei dawn a, ka lawm hle ang.

GEOFFREY L. RUDD, Secretary & Editor, THE VEGETARIAN SOCIETY-ah hian a hlawhtling hle a ni

England rama Cheshire-a Wilmslow-a Bank Square-a awm Geoffrey L. Rudd-a chuan a rawn ti a.

*** .

Malaga-ah May 28, 1965 khan a piang a.

Thian duh tak,

‘Raw-Eating’ chungchanga i lehkhabu tha tak copy sawmhnih vel vawi khatah min rawn thawn dawn nia. Bill kan tih veleh remittance kan thawn nghal ang a, re-sale rate-ah. Kumin Autumn hian England & Wales-ah lecture tour kan nei dawn a, chutah chuan lehkhabu hi hlawkna tha taka hman kan beisei ang.

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H.JAY DINSHAH, President, THE AMERICAN VEGAN SOCIETY, H.Jay Dinshah, Pres. Malaga, New Jersey, USA-a awm a ni

*** .

A thi tawh Dr. Bircher-Benner-a fapa, Dr. Ralph Bircher-a chuan a phek ruk zeta sei thuziak hmasa ber DER WENDEPUNKT, organ of the Zurich-a Bircher-Benner Clinic (May, 1964), "Alles-oder-nichts-Lehren fiber Ernahrung" tih hming puin (All or Nothing-Doctrine of Nutrition), chu chu a tlangpuiin hetiang hian kan sawifiah thei ang:

"Khawvel kil hrang hrang pahnihah, pahnih inhmachhawn vek." ei leh in chungchanga thurin (doctrines of nutrition) te pawh an rawn dah chhuak ta a ni. California-ah chuan experimenter pakhat Wirnitz chuan chemical 48 inzawmkhawm aÿangin nutritional powder thlum lo tak mai a siam chhuak a. He artificial 'chaw' hmang hian thiam loh chantir mi 18-te chungah experiment a nei a, a result nghah ngai lovin, a hmalam hun tur chu journalist-te hnenah a hun hma lutukin a puang chhuak nghal vek a ni." Chu scientist tia sawi thin thil awm lo chungchang tlem a sawi belh hnu chuan, reviewer chuan a sawi chhunzawm ta a ni ;Kawng lehlamah chuan kan review table-ah hian lehkhabu te tak te, ei leh in chungchanga zirtirna inthlau tak tak, 'All-or Nothing' standpoint aiawhtu kan nei a: Aterhov/Raw-Eating.The publication is endowed with solid reasoning, is written in English thiam tak a ni a, Armenian volume lian tak pahnih khaikhawmn Mi pakhat chuan chutah chuan Aryana nunphung sang hlui fapa awmna chu a hmu thei a ni. Mahni inrintawkna tlemte nei lovin... mihring tana ei tur pianpui ber leh dik ber angin thlai chaw thianghlim chu a entir a, kan inremna zawng hunlai hian hetiang hian a ti a, chutiang fresh, downright superhuman absoluteness that in all probability it chu lehkhabu te tak te chu German tawnga lehlin turin pawisa a pe ang."

Ka ngaihdan pawimawh tak takte chu pakhat hnu pakhatin a sawi nawn leh hnu chuan, ziaktu hian ka duh zawnga thu sawitu scientific fact thenkhat a sawi a;

"Kum sawmli kalta khan Walter Sommer-a chuan engvangin nge Bircher-Benner-a'n raw food chu mihringte chawmtu awmchhun a nih thu a sawina kawngah a kal thui lo tih a ngaihtuah a. Aterhov-a duh zawng chu chhui chianna hnuhnung ber (Reader's Digest, January, 2016) atanga a lan dan chuan a ni. 1964) a ni.

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mihring hian kum maktaduai khat leh a chanve chhung zet chu thlai chi (almost pure) raw vegetable nourishment hmangin a nung tak zet a, chuvang chuan, mi pakhat chuan a natural development sang ber a thleng ta niin a ngai mai thei. Aterhov duhtute chu tunlaia ei leh in leh vitamin inkara inthlauhna awm lo, 'stimulated hunger', 'period of latency (Dammerungszone) in ill health', 'terrain'-in natna hrik kai theihna a chanvo, thlai thar ei laiin metabolism lama economy ropui tak, a bik takin ei tur raw-a thlai protein-te biological superiority, nutriments-te integrity, tihbuai ngai lo tur, leh khawvel pum huapa ei tur tlakchhamna karah chutiang nutrition awm theihna tur beiseina te. " a ti a.

Reviewer sawi dan chuan mipa te chuan chu extreme pole pahnih inkarah chuan an wave thin. A ngaihdan chuan "a laiah chawlh hahdam ngai lo" chu a dik ngei ang.Tin, chhiartute chu Wirnitz aiin Aterhov hnaih zawkah ding turin a fuih bawk.

*** .

Ashingdon-ah Rochford-ah February 28, 1964 khan a piang a.

Ka pu duhtak,

I lehkhabu Raw-Eating' i hmuh avangin lawmthu ka sawi e. Kan list i hriat chuan of publications i thu bulpui chu thinlung takin kan pawm tih i hrechhuak ang. I ngaihdan hi kan lainat tlat a, pumpelh theih lohvin, he Company hmalakna thlirin, i thil hmuhchhuah hi kan pawm a ni.

Naupangte ei tur chungchanga i kalphung hi kan duh hle. A ti hle mai a tha tak zet a ni. A dik em em a, naupang tê chuan a pianpui thei raw taste chu tumruh taka ei tur siam duh zawnga diverted a ngai a ni. Tin ngaihtuah a ni

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damdawi lam leh sum leh pai lama nghawng a neihte, khawvel pum huap ethical outcome pawh a khawih a ni.

...Vawiin thleng hian vanduaithlak takin mihringte tana \angkaitu turte hian 'the establishment' hmanga hna an thawh loh chuan fakna leh lawmman dang (material) an dawng lo. Chutiang a nih loh chuan, scientist-te'n 'research' atana an thawh chhuah pound sang tam tak zinga hmun sawma ÿhena hmun khat pawh hi eng nge tih theih loh, a result-in chhiatna a thlen tak tak lo pawh ni se.

THE CW DANIEL COMPANY LIMITED Ashingdon, Rochford, Essex, England-a awm a ni a, a hmunah hian mipui an pungkhawm nasa hle.

*** .

Mexico, DF April 23, 1964 khan a lo piang a.

Pu Hovannessian duh tak:

I lehkhabu RAW-EATING' kan dawng chauh a, a glimpse, a ngaihnawm khawp mai tih ka hre chiang a, mihringte'n a hmanga an tihdanglamna awmze nei lo tak tak awm lovin thilsiam zawm hi a tha ber tih mipuite rilru hneh tumna kawngah hna tha tak i thawk tak zet tih ka hre chiang hle.

Ing. CARLCS PRIETO LOSANO chuan a rawn ti a. General Manager a ni. INTER - AMERICAN ASSN. A rilru a hah lutuk chuan a rilru a buai em em a, a rilru a hah lutuk chuan a rilru a buai em em bawk a. Alfonso Herrera, 11-103, Mexico 4, DF

*** .

Friends House, April 13, 1964 khan a piang a.

Raw-Eating chungchanga i lehkhabu' chu Friends Service Council-ah a lo thleng a, ka chhiar duh hle. Library of Friends Vegetarian Society-ah ka thawn dawn a, chutah chuan midangte tan pawh a tangkai ngei ka beisei.
I thuziak leh hetiang awlsam taka raw natural foods hmanga i nunpui theihna tura hna tha tak i thawh avangin lawmthu ka sawi e. Khawvel chawmna tur leh leia remna awm theihna tur beiseina chhinchhiahna niin ka hria. Ka ring

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thlarau lam êng lakah min sensitive zawk tur a ni. Tunah hian 'vegan' (vegetarian, artui, bawnghnute, khawizu etc. ei lo) ka nih avangin i rawtnate hi ka ngai pawimawh hle a, mi tam zawkin hei hi nunphung dik tak anga an hmuh chhoh zel avangin ka lawm hle. Tunah hian khawtlang hrang hrang, mihringte tanpuitu, sa ei lo leh remna duhtu an awm tawh a, hengte hian khawvel inpumkhatna kawngah a pui tur a ni.

QUEENIE DAWE, ÿhiante In, Euston Rd. London, NWI-ah a awm a

*** .

Israel ramah chuan 22nd January, 1965 khan a piang a.

Ka pu duhtak,

I lehkhabu Raw-Eating' kan chhiar zawh hian i lehkhabu dangte chu English-in chhiar kan duh ang... Mite chuan an taksaa bawlhhlawh an paih zawng zawng tel lovin an hrisel zawkin an hlim zawk thei tih hi ngaihtuah leh hrethiam mai se! Kan hun laia zawlnei i ni.

M. NEZAH, Naturopathy-a Dr., Pres. Israel Naturopathic assn chuan a rawn ti a.
Nezah Estate, Mishmar Hashiv'a Israel ramah a awm a.

*** .

Ka pu duhtak:

I lehkhabu Raw-Eating' ka chhiar tawh a, ka duh em em a ni. Kawng engkimah a ngaihnawm hle a, ei tur chu nature-in a siam chhuah angin ei a ngai a ni.

I thu bulpui berte chu ka lehkhabu leh thuziak-a ka lo vawn tlat tawhte nen a inang a, hun rei tak kal ta khan... Spanish tawngin ka letling duh a, chu ngaihtuahna chu i pawm a nih chuan. I ngaihtuah loh chuan ka tan copy min rawn thawn dawn nia. Spanish magazine pakhat tan review ka ti mek a ni: Bionomia, Madrid, Spain-a tihchhuah...

A. Severon, Naturopathy Dr., Colunga, La Riera, Spain-a awm a ni.

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*** .

Boston-ah July 5, 1966 khan a piang a.

Pu Aterhov-a chibai bukna:

Enclosed-ah chuan i lehkhabu tê pasarih Raw-Eating' tih chu dollar sawm i hmu ang. Hei hian i bulletin No.1 i theih ang tawka i thawn chhuah man phuhruk nan dollar thum balance a la awm ang.

I bulletin No. 1 hi kan ngaihven hle a, a chhan chu an hriselna lama harsatna chungchanga min rawn thawntu tam takte hnenah a copy pakhat mail-a thawn kan tum a ni. Mi tam tak tan malsawmna a ni ngei ang tih kan ring tlat a ni.

I bulletin No. 1 mimeograph copy siam phalna min pek chuan kan lawm hle ang, a chhan chu, a dik e, i phalna tel lo chuan hetiang hi tih kan ngaihtuah lo vang. Phalna pek a nih chuan thumal pakhat mah kan belh leh paih lo vang. Non- profit Organization kan ni a, mihringte hrehawm tuarte chu nature-in min tum hriselna lama an kir leh theihna tura puih hi thinlung takin kan duh a ni. Nang pawh chu duhthusam ang bawka chêttîr i ni tih kan ring tlat a ni.

Ka beisei, Mr. Aterhov duh tak, hei hi i mimal ngaihsakna i pe ang a, i tan a remchan veleh air mail hmangin ka hriattir nghal ang che. I air mail lehkhaah hian i bulletin No. 1 tlemte i dah tel chuan kan lawm hle bawk ang."

A dintu, THE RISING SUN, NATIONAL MEDICAL- PHYSICAL RESEARCH FOUNDATION, INC.-ah hian a hlawhtling hle a ni.

Kum 1908 khan Nicola Tesla, Thomas Edison leh Francis Richards te chuan «Fundamental Research Society» tia buatsaih a ni. ANN WIGMORE, DD chuan a ziak a

Executive President, 25 Exeter St. Boston-ah a awm a ni

*** .

Los Angeles-ah June 23, 1966 khan a piang a.

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Ka Frater duh tak:

Tun hnai khan ziaktu hian i lehkhabu thiam taka ziak leh zirtirna pe thei tak, Raw-Eating' tih chu a nei ta a, a chhiar pawh a hlim hle. He thusawi zir chhuah avang hian thinlung takin lawmthu a sawi duh che a, a bik takin chaw siam loh, thilsiam ei tur huaisen taka in thlawpna leh in thlawp avangin lawmthu a sawi che u a ni.

He dietary procedure hi hun rei tak chhung chu taima takin an lo subscribe tawh a, a nihna takah chuan electro-magnetic therapeutic instruments siamna lama a inhmang lai khan kum 40 vel kalta emaw, kum 1926 chhung emaw khan doctor leh nurse te tan diet engemaw zat a ziak a, chu chuan 'raw' tih tam zawk a rawt a ni. nitin ei leh in-a ei tur awmte...

He ziaktu hian electromagnetic emanations leh radiations lama zirchianna rei tak a nei bawk a, a hnuah agricultural chemistry subject pawimawh tak takah pawh zirchianna rei tak a nei bawk a, tunlai mihringte mamawh hlauhawm tak phuhrukna tur quantitative chauh ni lovin, qualitative requirement te pawh a tel a ni.

Kan kal zel hmain, i hmaa i awm tawh leh awm loh kan zawt thei ang volume hrang hrangte chu English-in an ziak em? Chumi zinga pakhat chu Armenian tawngin tihchhuah a ni tih hmuhchhuah a ni. Chutiang a nih chuan, ziaktu pawhin i mihringte ÿanpuina hna ropui tak chu hriatthiamna famkim zawk a neih theih nân chutiang bawk chu zir a duh ang.

Explication atan chuan a ziaktu hian a inpe tih sawi ni se hun tam tak leh thawhrimna tam tak, thupui thuk tak huam tak, thupui thuk tak huamtu, thupui thuk tak huamtu, thupui thuk tak, thupui thuk tak huamtu, thupui thuk tak, thupui thuk tak, tihfel tawh chungchang a ni.

He missive hi a chawlhsan hmain, a ziaktu hian i lehkhabu hi mihringte tana thawhhlawk tak a nih thu leh chhiar leh zir chian a phu a ni tih a sawi thei ang em? Mihring chuan thlai nunna hi ei tur siamna hmun lungawithlak awmchhun a nih thu leh, rannung emaw, amah emaw pawh chu thing tel lo chuan a awm thei lo tih a ngaihtuah thei lo va, a eizawnna atana organic state-a mineral leh essence pawimawh tak takte chu assimilable form-a siam leh pe turin a chhut thei lo. A la ngaihtuah reng niin a lang

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'raw' chu a hman emaw, a hlim theih nan emaw, a thianghlim lo, a hrual lo, a tling lo leh a inpeih lo...

Kum sawmhnih kalta khan Dr. ropui Alexis Carrel-a'n a ziah angin: 'Mihringte hian tunlai civilization hi tuna a kal danah hian an zui thei lo va, a chhan chu an tlahniam zel a ni. Inert matter sciences mawi tak takte chu an ngaihven hle a ni. An taksa leh hriatna chu thilsiam dan hnuaia awm a ni tih an hrethiam lo a, chu chu sidereal (astral) khawvel dan aiin a fiah lo zawk a, mahse a tih theih loh ang bawk. Tin, hrem lohvin heng dante hi an bawhchhia thei lo tih pawh an hrethiam lo. Chuvangin, cosmic universe, an mihringpuite leh an chhungril lam inzawmna tul tak takte chu an zir a ngai a, chubakah an tissue leh an rilru inzawmna pawh an zir a ngai bawk. A chhe ta a nih chuan civilization mawina te, leh taksa khawvel ropuina te pawh a bo vek ang.' Dr. Carrel-a chuan damdawi in ropui tam zawk sak hian nghawng chauh hmachhawn chhunzawm zel ai chuan chhante hmachhawn a tulna chu a hneh lo tih a sawi fo thin.

Chuvangin mihringte zirtirna tur leh natural fundamentals, common sense leh kan tih tur leh mawhphurhna hlen chhuahna kawngah kir leh turin tih tur tam tak kan nei a ni.

Dr. ARIHUR B. WALKER, 439 S. Sherbourne Drive, Los Angeles, Calif. USA-a awm a ni a, a nupui hian a fapa chu a hruai a, a nupui chuan a fapa chu a hruai a

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Allegany, NY October 28, 1966 khan a piang a.

Pu Aterhov duh tak, .

I lehkhabu pakhat 'Raw-Eating' chu ka kutah a lo lut a, kei pawh ka ni a chhunga thu awmte chuan nasa takin a tithinur a; chutiang khawpa nasa chuan, Raw Eating regime chu ka hmang ta a ni. Hetah hian farm ka nei a, chutah chuan keimah ngeiin thei, nut leh thlai chi hrang hrang organic-in ka vulh a, hriselna famkim nei tura Raw Eating hmanga midangte tanpui ka duh a chuvangin hei hi ngaihtuah chungin bank draft $20.00-in ka thawn che a, chu chu copy 30-a pawisa pek tur cover turin

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i lehkhabu ziah kha. Tin, ka thiante hnena i bulletin No. 1 copy engemaw zat i pek pawh ka lawmpui hle bawk...

I lehkhabu hian hriselna tak tak neih theihna kawng tha tak min hmuhpui avangin he ramah hian ka theihtawp ka chhuah ang. Hetah hian United States-ah hian follower lian tak tak ka nei a, ei leh in dik leh nunphung dik tak hmanga HRISELNA ÿHA neihna kawngah ka inpe a ni. American Natural Hygiene Society member ka ni a, ka rilru a buai em em a, ka rilru a hah em em bawk a. I lehkhabu hmang hian Raw-Eating' chanchin tha hi thehdarh chhunzawm zel ka tum a, i lehkhabu atan hian order tam zawk tam zawk a rawn thlen ngei ka ring. Hetah hian lo mawi tak ka nei a, he ramah hian i lo kal a nih chuan ka mikhual angin lo kal a, i awm thei ang.

Pu.AJRUGGIERI, W. 5 Mile Rd-ah a awm a. Allegany, New York-ah a awm a. Hotu of GOOD GUYS OF THE GLOBE *"Remna: Mipa Laka Duhsakna Tha".*

*** .

Meadows of Dan-ah Sept. 1, 1966 khan a lo piang a:

Thian duh tak, vegan leh raw fooder ka ni a, hei hi ka hril a, ka zirtir bawk. I bulletin no more of these to give away free to my sick friend?... John T. Richter-a ziak lehkhabu hlu tak 'Nature The Healer' ka nei a, mahse i thusawi hi ka en a ngai a ni. Khawngaihin 'Raw-Eating' min rawn thawn la, hei hi Nature The Healer nen a inang a nih chuan ka mihringpuite hnena pek tur tam tak ka mamawh dawn a ni. Tract ziaktu ka ni bawk a, mahse doctor ka ni lo...

Dec. 11, 1966 khan a lo piang a:

I lehkha tha tak nen hian lehkhabu te ka dawng thei hi ka lawm hle... Thian, i lehkhabu hi tops niin ka hria; Nature The Healer aia te zawk ka zawng a. Chaw raw hlutna chungchangah mipuite hriattir ai chuan hna tha zawk a awm lo. I lehkhabu hian tunah hian ka mamawh a phuhruk niin ka hria, lehkhabu lian zawk ang bawkin, thil tha tam zawk pawh a rawn chhuah chhuak bawk. Ni e, i lehkhabu thawn te kha ka hmang thei... I lehkhabu thenkhat ka mamawh belh leh bawk

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lehkhabu te. Florida-ah missionary zin ka tum a, he tour-ah hian in lehkhabu tam tak ka hmang thei ang. Hetiang ang hian raw-eating thehdarh turin ka chhuak a, case thenkhat chu raw diet ei tir turin la turin ka ko bawk. Tunah tak hi chuan nula pakhat chu thihna hmunah a mu a, doctor-te chuan thihpui turin an inpe tawh mai. Diet a siam theih nan min pui turin min ngen a, hei hi tih thuai ka beisei...

Mrs. I. W. Carroll-i, Box 240-ah chuan Meadows of Dan, Va. USA-ah a awm a

*** .

Israel-ah August 22, 1966-ah a piang a:

Ka duh tak Mr. Aterhov. Vawiin hian i lehkhabu tha tak RAW-EATING' tih hi ka chhiar zo ta hi lawmawm ka ti hle. Mihringte hian ni khat chu natural food pawimawhna hi kan hrethiam dawn a nih chuan hei hi mihring nun chanchina hun thar bul tanna a ni ang; chu chu PARADISE a ni mai ang.

I phalna la in ka inhmelhriattir ang. Ka hming chu Joseph Razon a ni a, kum 43 mi ka ni a, kum thum kalta khan Israel ramah ka lo kal a, Kupat Holim Medical Organisation-ah doctor hna ka thawk a ni. Nitin hna ka thawh dan pangngaiah hian hlim takin ka inhria lo, a chhan chu damdawi (poison) min pek hi ka tih tur a nih vang a ni. A tlem berah (primum non nocere) prescribe tum mah ila, ka poison-pusher practice-ah hian ka lungawi lo! Nupui pasal nei ka nih avangin hna ka thawk tur a ni! Ka nupui hi Teheran atanga lo kal a ni... I lehkhabu ka chhiar hnu chuan ka nupui tan Persian tawnga literature engemaw zat min rawn thawn thei ang em tih zawh che ka ngaihtuah a. Natural food leh mihring nungcha chunga a nghawng dan chungchang a chhiar chuan kan fa (naute kan beisei) chu element thi hmangin a chawm ngam dawn lo tih ka ring tlat!

Kum tlemte kalta a Istanbul-a ka thiltih dan chipchiar deuh deuh ka sawi duh a ni. 'The Turkish Vegetarian-Hygienist Society' General Secretary ka ni a, he movement-a thawkrim berte zinga mi ka ni. Chutah chuan Medical Organization leh Chemical Industry te chuan an rulhut te avanga kan vegetarian movement-ah hian hlauhawmna an hmu a, Juda ka nih angin kei hi ka chak lo ber a, tihchhiat awlsam an tih ber ka ni. Anni

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did quite a lot of harm to my person and ka pianna ram, ka zirna leh a mi ka hmangaihna ram chu chatuan atan chhuahsan ka ngai ta a ni. Mahse Israel ramah ka lo kal a ngai a ni. Vanneihthlak takin hetah hian zalen takin vegetarianism leh natural living chungchang kan sawi thei a, kan ziak thei bawk. Naturopathic physician 20 chuang an awm a, Galil tlanga khawpui SATAD bulah hian vegetarian khua, AMIRIM kan nei bawk!

Kar khat kalta khan he hmun hi a vawi hnihna atan ka tlawh a, ka hlim hle a, chutah chuan awm leh awm ka duh hle. Mahse a hmasa berah chuan ka nupui hi ka rilru ka hneh hmasa tur a ni. Khawngaihin, he thupui chungchangah hian Persian tawnga lehkhabu engemaw zat min thawn turin ka ngen a che.

ANAHIT thlalak en chu nuam ka ti hle a, chutiang khawpa charming leh... hrisel. Mi pakhat chuan a thlalak en mai mai hian a hriselna a hre thei.

November 12, 1966 khan a lo piang a:

I lehkhabu ngaihnawm tak Raw-Eating' tih hi a Persian version-ah a awm. I chungah lawmthu ka sawi a, ka nupui hian thupui hi a hrethiam zawk ngei ka beisei. Ka fa chu chaw chhum, pianphung ni lo ei tur chhiatna laka fihlim a nih ka beisei bawk!...Damdawi lam pawla hna ka thawh lai pawhin nun fai tak zawm duhtute ka enkawl a ni. Turkey rama ka awm lai khan ka damlote chu natural hygienist angin ka enkawl a. Tunah chuan Israel ramah hian eizawnna ka siam hmasak a ngai a, chuvang chuan damdawi lam pawlah ka thawk a ngai ta a ni.

A rei emaw a rei lo emaw chuan ruihhlo hman lohna hmunah chauh ka thawk a ngai dawn a ni. Mahse health resort awm lo se hei hi a lungawi tawk lo ang, chuvangin naturopathic physician thenkhat nen tanpui duhtu kan zawng mek a ni! Nakin lawkah chuan ka sawi belh leh ngei ka beisei.

Dr. JOSEPH RAZON, 170/2 Arlozorov St. Kiryat- Malakhi, Israel ramah a awm a

*** .

Baldwin Park, Calif.-ah April 14, 1966 khan a piang a.

Thian duh tak:

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Israel ram Jerusalem-a ‘Mount Zion Reporter’-a Raw-Eating chungchanga i thuziak ka hmuh khan ka lawm hle. Editor chu ka unaupa a ni. A paper-a i lehkhabu chanchin i sawi kha ka lawm hle. Chaw raw chungchanga literature tam zawk ka ngaihven hle a, chuvang chuan he thudik mamawh tak hi thehdarh ka tum avangin ka order, ka hmasa ber ka thawn a ni.

June 20, 1966 khan a piang a.

I lehkhabu hlu tak takte chu ka dawng a. Ka mamawh ang chiah an ni... Ka hlut lehkhabu te hi a tam hle a, ka vanneihna ang bawkin hnam hrang hranga mi tam takin an hmu ngei ka beisei...

November 13, 1966. Tunah chuan i lehkhabu thenkhat, Raw-Eating’ tih hi ka order leh thei ta hi ka lawm hle. Mite mamawh an ni. He order hi thawn thuai ka duh a, mahse pawisa ka khawlkhawm theih hma chu ka nghak a. Nakinah chuan ka order thuai thei ang tih ka ring, thil engemaw ka enkawl tawh avangin... Keimah chauhin ka awm a, kum 89 ka tling dawn a, 5th of Feb. 1967, chuvang chuan lehkhabu te nen ka chhuak thei lo va, ka hralh ang thalai pakhat chuan a ti thei. Lehkhabuah hian ka hming leh address ka ziak a, a chhiartute hnenah ka loan a ni. Lehkhabu te hi a kal kual ka duh a, chuvang chuan mi in vel a mu turin ka pe chhuak thei lo... I have been trying to follow the natural food method as best I knew for nearly all the

kum hnih kalta chhung khan. Hetiang zawng zawng hi ka huanah hian ka thawk a, ka chau lo...

ORAF chuan a ti a. CARPENTER, Calif. USA-a awm a ni

*** .

Alberta-ah April 9", 1966 khan a piang a.

Ka pu duhtak,

'Mount Zion Reporter' chhiartu ka ni a, `Value of Raw Food' tih thuziak hi ka ngaihven hle. Kum 75 mi ka ni a, ka pianphungah chuan raw food diet quality hi hlawkna hmuh ka duh a ni. Tun hma lamah chuan infiammi ka ni tawh a—mahse, ei tur siam (cooked food diet)-ah chuan ka inpe a ni.

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Buaina chu thlai leh thei chi dik tak hmuh a ni—mineral injection tel lo, hetah Canada-ah hian.

GEORGE BAIN SUTHERLAND, Canada ramah a awm a.

*** .

Swansea-ah March 1, 1964 khan a piang a.

Pu Aterhov duh tak, .

January thla tir lam khan, 'TONIGHT' programme on en laiin ka television set-ah chuan i lehkhabu ka hmuh chuan ka electrified a, chuta thuziak tlemte chhiar ka hriat chuan. I lehkhabu copy neih ka duh hle. Chuvangin BBC hnenah publisher, etc. chungchang chipchiar tul tak tak ka ziak ta a, Alas, min hriattir a, a tawpah chuan he ramah hian hmuh theih loh a ni. Mahse, an address neih chhun chu min rawn thawn a, chuvang chuan lawmthu sawina tur leh i thuchah thehdarh kawngah hlawhtlinna i chan theih nan duhsakna hlan tur chauh pawh ni se, lehkha thawn che ka tum ta a ni. Ka pawm a, thinlung takin, ei leh in addiction hi thil tha lo zawng zawng zingah a hlauhawm ber a ni. Hei hi khawvel danglam tak a va ni thei ang, mihringte hian i lehkhabu-a fuih angin an ei leh in dan hi thlak danglam ta se. I entawn tur hi tunlai khawvela mihringte thatna tura thawhrimna sang ber a ni. Chibai ka buk che u—he hun laia Zawlnei chungnung ber...

April 29, 1964. Nikum Inrinni khan i lehkhabu leh lehkha a lo thlen khan ni hlimawm tak a va ni em. A absorb tawh a, a chang chuan min ti mangang bawk. A chung berah chuan min ti eng a, min tichak thar bawk. Ka naupan lai atang tawh khan Sunday school-a quotation engemaw zat ka zir chhuah lai khan THUTAK chu ka zawng thin. (‘Tin, thutak chu in hria ang a, thutak chuan a zalên ang che u’). Chu zawnna chuan kohhran hrang hrang kaltlangin min hruai a, Rationalism-ah min hruai a, chutah chuan Vegetarianism with Food Reform and Nature Cure-ah min hruai a, a tawpah chuan nun harsatna sawifiahna pawmtlak (ka tan) awmchhun nei Theosophy-ah—Karma leh Reincarnation-ah min hruai a ni. Khualzin thui tak a va ni em. Tin, hetah hian a tawpah chuan i lehkhabu ka en chuan `THIS IS IT' tih ka hre ta. Chutiang thilpek ropui tak min pek avangin lawmthu ka sawi a, i lehkha pawh hi hlut rawh...

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February 3, 1966. I thusawi ka hriat leh chu a lawmawm hle a, leh to i leaflet atang hian i entawn tur zuitute hlawhtlinna tam tak zir rawh... Ka fapa upa ber chanchin pawh i hre duh hle ang. Kum 1964 khan a nervous breakdown a nei a, hun rei vak lo chu Mental Hospital-ah a awm. A chhuah hnu rei vak lovah chuan i lehkhabu copy pakhat chu ka thawn thei ta a ni... Raw-Eating-ah chuan tui pe turin duck ang maiin a kal a, mak tak maiin a dam leh ta a ni. A thlirna leh mize zawng zawng a tidanglam a, tunah chuan a zirlai kawngah hma a sawn tha hle. Manchester University-ah art zirlai a ni a, a zirlai hi a hlawhtling hle.

Mrs. Gena Harries-i chu 11Hston Place-ah West Cross-ah a awm a, Swansea-ah Glamorgan-ah a awm a.

*** .

Southsea-ah February 20, 1964 khan a piang a.

Ka pu duhtak,

I hmuh theih dan tur chipchiar takin min pe a nih chuan ka obliged ang lehkhabu hming 'RAW- EATING' tih chu ATERHOV-a ziah a ni. London-a British Broadcasting Corporation chuan lehkhabu chu British tawnga hmuh theih a nih loh thu min hriattir avangin i address min pe a. Copy nei se ka duh khawp mai.

19th March, 1964. Nikum Thawhlehni, March ni 12-a ka dawn Raw-Eating' chungchanga i lehkhabu avangin lawmthu ka sawi tak meuh meuh a ni. I lehkhabu chhunga thu awmte kha ka tan chuan thupuan a ni tak zet a, mihring mamawh leh mamawh chungchang ka chhiar tawh zawng zawng zingah chuan a mak ber a ni. Lehkhabu thupui chu a pumpuiah chuan a thinlung tak tak leh thinlung tiharhtu a nihzia ka ngaihtuah bawk. Lehkhabu siam leh buatsaihna kawnga zirlai rei tak leh hun hman tam tak chu ka lawmpui hle. Hei hi ka rilru put hmang dik tak sawina \ha lo tak a ni a, midangte ngaihven turin theihtawp ka chhuah ang a, mahse mi chu eng nge an nih leh an tih dan, a bik takin ei leh in tihdanglam an duh lohzia hriat chu thil awlsam a ni dawn lo mite chu. Chuti chung pawh chuan ka theihtawp ka chhuah ang a, anmahni rilru hneh ka tum ang a, i lehkhabu rawn thawn turin ka ti ang... I ngaihven a nih chuan a hun hunah thil kal dan ka hriattir ang che.

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Pi V. Snelling, 26 Victoria Rd-ah a awm a. England ram Hants-ah Southsea-ah a awm a.

*** .

Santa Rosa-ah November 27, 1964 khan a piang a.

Ka pu duhtak,

I lehkhabu, ‘Raw-Eating’ tih kha chhiar nuam ka ti hle a, keimah ngei pawhin ka neih theih ka duh hle. Ka thiante pahnih nen kan sawiho hnuah, anni pawhin, pakhat hmuh an duh a, chuvang chuan lehkhabu pathum man $4.50-a money order ka enclose a ni... Heng lehkhabu dawng tur hian ka buai ber... I am a 100 per cent ‘raw fooder’ tih a ni a, a duhtute zingah thu tha hi ka thehdarh mek a ni. Raw foods hian ka nunna a chhanhim a ni.

January 21, 1965 khan a lo piang a:

'Raw-Eating' copy 15 invoice attached nen $10.00 sum dilna ka dawn chuan bank draft ka enclose a ni... Raw-Eating copy 15 dang atan $10.00 dang ka dah belh bawk.' "Miten chaw raw ei a tulzia an hriatthiam theihna hun remchang ka neih hi ka lawm tak zet a ni, he i hnathawh ropui tak hmang hian. Ka lawm e."

February 2, 1965-ah chuan:

'Let's Live' Magazine copy khat chu Martin Reinecke-a lehkhabu chhiar turin i ta a ni article, `Raw Foods-a Adventures' tih a ni.

Tun thla issue-ah hian ka pasal nen za zela 100-a raw foods kan ei tan dan ka lehkha a awm a. Hemi hi kan phur ber a, Martin-a chu he ei leh in tihhmasawn kawngah hian kan pui zel dawn a, kan theih ang tawkin.

I lehkhabu ngei, `Raw-Eating' tih kha a ropui mai mai. Ka lawm em em a ni he hriatna zawngtute zingah sem darh rawh. Tunah hian an tlem hle tih chu a dik a, mahse hun kal zelah hriatthiamna chu mi tam tak hnenah a lo thleng ngei ang tih ka ring. Ngaithlatute nena ngawi renga thawh dun hi a lungawithlak hle.

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May 6, 1965-ah chuan:

'Let's Live' back issues dilna lehkha kha ka dawng a mahse kei am sorry Health Food Store chuan copy zawng zawng an hralh vek tawh. May thla issue ka rawn thawn a, subscription lak duh loh chuan a hnuaia issue te hi ka thawn chhunzawm zel ang.

I lehkha copy chu Martin Reinecke hnenah February thlaa a thuziak siamthat turin rawtna angin ka thawn a.

I volume pahnihna hi a zawh hunah copy neih ka duh ang. I volume hmasa ber hralhnaah hlawhtlinna tha tak ka nei a, thenkhat chu ka kutah dah ka duh ang.

Pi Helen M.Bulbeck-i, 818 Cherry St. Santa Rosa, USA-a awm a ni

*** .

Venice, Calif.-ah Sept. 29, 1964 khan a piang a.

Pu Aterhov duh tak, .

I lehkhabu `Raw-Eating' copy hnih min pek avangin lawmthu ka sawi tak meuh meuh a, ka chhiar nuam ka ti hle.

Thla nga kalta khan chaw chhum ka ei tawh lo. Kum 31 ka ni a, ka rilru a hahdam hle. Ni hnih khatah tuipui kamah mel 2-5 vel ka tlan a, tui ka in a, tlangah ka hike thin. Kar thum kalta khan ni khat chhungin Mt. Withney hi ka kal chho a. Round trip hi mel 26 a ni a, tlang ngei pawh hi feet 14,500 chuang a sang a ni. Ka pulse rate chu 58-60 a ni. Heng zawng zawng hi ei tur siam loh chu mihringte, hrehawm tawrhna zawng zawng chhanna a ni tih hriattirna atan ka hrilh che u a ni.

I lehkhabu hi United States (leh Canada-ah pawh) hralh hi ka duh hle mai thei. Copy 500 emaw 1,000 emaw i dil zat min hriattir dawn nia...

February 6, 1966-ah chuan:

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Tunah chuan ka nupui nen hian kum hnih dawn lai ei tur raw za zela 100 kan ei tawh a ni diet hmanga result tha ber ber a awm. Enclosed Thuziak ka rawn thawn che u a, ka nupui Shirley-i ziah a ni a, 'LET'S LIVE' magazine, July 1965-a tihchhuah a ni a, he thuziak leh a kaihhnawih thlalakte hi hman kan phalsak che u a ni.
Thlalak pakhat chu kan thian duh tak, raw-vegan mi thlalak a ni. Sakeibaknei (African) te chu kutkawr lovin a wrestling a, heng sakeibaknei te hian an ha leh an ke ruh zawng zawng an nei vek a ni. MICKEY SOLOMON tih hi a hming a ni.

Kan eitur raw kan ei atang khan kan nunah hetiang hian kan inhriat ngai lo. I lehkhabu hi ei tur raw chungchanga kan lehkhabu neih tha ber a ni a, i lehkhabu pawh kan chhiar fo bawk. Chaw raw chungchang thudik hi thehdarh kan duh... I lehkhabu ropui tak hi mi tam takin an hmuh theih turin kan ngai a ni.

Enclosed ah hian $20.00 man money order a awm a...

Pi Shirley leh Pu Thorwald Boie te chuan Venice Blvd 1015-ah an awm a. Venice-ah chuan Ca. USA.

*** .

Columbia-ah chuan S .C . January 7, 1965 khan a lo piang a:

Let's Live Magazine- December 1964-a i lehkhabu te RAW-EATING' chungchang thuziak pakhat chu ka ngaina hle a, a ziaktu, Martin J.
Fritz, leh British Vegetarian Magazine-ah lehkha thawn turin min fuih a, anmahni pawhin i address min pe bawk...

Pl. IRENE GOLEMON, US A. chuan a rawn ti a

*** .

Abadan khuaa mi fel tak pakhatin lehkha a ziah atanga lakchhuah, ka Persian lehkhabu ka chhiar hnua:

Abadan-ah chuan 25th July, 1965-ah a piang a:

Pu Aterhov duh tak, .

I lehkhabu te tak te hian ka rilru put hmangah danglamna nasa tak a thlen a, chuvang chuan raw-eater angin ka inngai tawh a ni. ka hre lo

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lawmthu sawi dan tur. Ka nunna hi nangmah ka bat a ni tih hi sawi uarna a ni lo. Kan hun laia Isua i ni a, damlo leh mitthi chanve te nunna petu i ni a, chutiang chuan nun thlum tak a va ni em!... Mi pakhatin i lehkhabu chhiar a, nunphung a thlak danglam lo mai thei tih hi ka tan chuan thil mak tak niin a lang.

SADARAT, Abadan,Persia ramah a awm a.

*** .

Armenian tawnga ka volume lian tak tihchhuah a nih hnuah, raw-ei leh in hian Armenia ramah hian follower a nei nasa hle.

Yerevan-ah chuan 24th March, 1961 khan a piang a.

Pu Hovannessian duh tak, .

Armenia rama Academy of Sciences-a Central Library chuan i hnathawh volume hmasa ber Raw-Eating tih chu lawmthu sawiin a dawng a ni. Kan chhiartute tam takin i hnathawh “Raw Eating” tih an phut chu tihhlawhtlin nan, copy hmasa ber copy panga min rawn thawn la, copy pahnih thawn tawh chu a awm reng a, tihkhawtlai nasa tak a awm tih ngaihtuah chuan chhiartu tam tak thil phut tihhlawhtlinsak a ni."

ARMENIA-A ACADEMY OF SCIENCES, H.MECHERIAN, Completive Section-a Director chuan a rawn ti a.

*** .

Yerevan-ah chuan 20th November, 1961 khan a piang a.

Pu Hovannessian duh tak, .

I hnathawh bu hmasa ber `Raw-Eating' tih, kan library-a hlan, copy sawm kan dawng a, chu chu thinlung takin lawmthu kan sawi a ni.

Yerevan, 16th June, 1965 khan a lo piang a:

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State Library of Armenia Directorate chuan i lehkhabu ‘Along the Paths of Raw-Eating’ tih copy paruk, Library-a i hlan avangin lawmthu an sawi tak meuh meuh a ni.

Raw-eating duhtu an pung zauh zauh a, an zinga tam tak chuan i lehkhabu te hi neih an duh hle. I thu leh hla chhuah copy tlemte chauh min pe thei ang em?

CULTURE RAWNGBAWLNA, ARMENIA, 1999.

AM MIASNIKIAN STATE LIBRARY-A THIL AWM DAN THIL AWM DAN,

ARAZI TIRABIAN, Director chuan a rawn ti a.

*** .

Chumi hnuah chuan ka lehkhabu copy sawmhnih atanga sawmthum vel ka thawn fo tawh bawk he library-ah hian, engmah kir lehna leh lawmman beisei lovin. Vanduaithlak takin Soviet Union-in mi a tihbuai leh tihkhawtlai (dictatorship against private trading) avang hian Soviet Union atanga lehkhabu dawn zawng zawng chu a thlawna ka zawm vek a, chutiang dilna chu vantlang institution emaw mimal emaw atanga lo chhuak pawh ni se.

Eminent (Armenian poet)-a lehkha thawn atanga lak chhuah, .
Hovhannes Shiraz chuan a rawn ti a.

Yerevan-ah chuan 4th January, 1962 khan a piang a.

Ter Hovannessian duh tak, .

I lehkhabu ngaihsanawm tak `Raw-Eating' tih chu ka hmu ta mai mai a ni. He mihring rilru chanve nei zawng zawng chhandamtu ropui ni tura ruat i ni. I thil hmuhchhuah, raw-eating chu Darwin ropui tak ang bawkin a ropui a; dik tak chuan, kum zabi kalta lama thil hmuh chhuah ropui zawng zawng aiin a ropui zawk a, mihringte tana thil tha zawk a ni a, ni lo, midangte tana thilpek pe zawk ka ti tur a ni. Mahse, vanduaithlak takin i hmaah hian hneh theih loh lungpui a ding a. He nausen mitdel, he mihring tia an sawi, kum sang tam tak bum tawh hi ni ta se

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a rilruah lo lang la, mei chu kalsan la, i hawn tawh kawng fing takah chuan i zui ang che, chutah chuan mipa chhung atanga tharum thawhna thiltih chu a bo vek ang. Mahse mihringte hian heng hnam leh chi tam tak zawng zawng nen hian meiah hian an la innghat tlat a, chu chu hnim chuan lungpuiah a innghat tlat a ni. Thihna thlen thei chaw chhum chu a kalsan lo va, a la kalsan lo vang... Chuti chung pawh chuan i hmui lungngai tak chu ka fawp a, Armenian mi i piang tih ngaihtuahnaah ka lawm hle. Thi thei lo i ni tak zet a ni..."

Hovanes Shiraz, 20 Leninian Ave. Erevan-ah a awm a, a nupui hian a fapa chu a hruai a.

*** .

A naupan lai atang tawh khan a hnuaia lehkha ziaktu, naupang zirlai, natna tam tak a vei tawh a, chung zingah chuan measles, scarlet fever, mumps (parotids), malaria, angina, khawsik leh catarrhs chi hrang hrang, beng na, ha na, constipation, diarrhoea, haemorrhoids, appendicitis leh chronic inflammation of the gall-bladder (cholecystitis) te pawh a tel a ni. . Vawiin hian raw-eating hian chutiang hrehawm tawrhna zawng zawng atang chuan a chhanchhuak ta a, chuvang chuan a hnuaia line-ah hian lawmthu a sawi a ni:

Yerevan-ah chuan 5th February, 1964 khan a piang a.

Ka zirtirtu duh tak, thla tam tak chhung i chunga lawmthu sawina leh ngaihsan ka lo tih tawh thin chu sawina tur thumal ka hloh tawh a, a chhan chu thu zawng zawng hi nuihzatthlak takin a tling tawk lo niin a lang.

Magic move pakhat hmang hian ka nun tibuaitu mumang chhia chu i titawp ta a, chutiang bawkin, rinhlelh rual lohvin, mi dangte tan pawh chutiang bawk chu i ti ve ngei ang, chu mumang chhiat chhan ber chu tihbo a nih hma loh chuan-nangmah vang a ni.

Chu mit inhawng mitdelna, chu beng hrual hrual leh chu hriat loha ka inhnim pilna rilru natna chu midang zawng zawng ang bawkin tibo turin i lo kal a ni.

Vanram vault hmaa inlan turin magic lamp kengin i lo kal a chu hmel chu ka ta tak tak leh chutih hun thlenga ka mumang leh rinhlelhna chauh ka neih theihna chu.

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I hmel eng tak hmaah chuan ka kun a, mipa to angin chibai ka buk che a ni midang laka ka bat tawh zawng zawng aiin ka bat tam zawk chu.

I hmel eng mawi tak hmaah chuan ka kun a, vawiinah hian a chhandam tawhte hmuiah a hming a awm reng a, mahse naktuk erawh chu mi zawng zawng hmuiah a awm reng ang, mi huaisen angin chibai ka buk che a ni.

I hmel eng tak hmaah chuan ka kun a, civilization tak tak, science tak tak, hmasawnna tak tak, leh hmalam hun êng, civilized, scientific tak tak nei tura beitu angin crusader angin chibai ka buk che a ni.

Armen Vshtuni, Perspective Lenin 20, Erevan, Armenia-a te chuan an ziak a ni.

*** .

Yerevan-ah chuan 29th March, 1964 khan a piang a.

Hovannessian duh tak, .

Raw-eating hian recruit dang a nei tih hriattirna tur line tlemte chauh a awm a, chu chuan nutrition chi thar a hman chhan chu natna emaw, thil dang emaw avanga beidawnna rilru put hmang engmah atanga lo chhuak ni lovin, i ngaihtuahna ropui tak atanga lo chhuak ideals atanga lo chhuak a ni .

Ka kawngah hian daltu engemaw zat a awm tih ka inpuang tur a ni, a chhan chu ka pa hi biologist a ni a, ka unaupa erawh doctor a ni a, ka chhungkuaah chuan keimah chauh hi ei leh in danglam (normal) ei thin ka ni. Tunah chuan thla 9 a liam ta a, ei leh in dan thar ka thlak ta a, hriselna tha tak ka nei ta a ni. Hetiang lehkha, khawvel hmun hrang hrang atanga i hnena lo thlengte hi geometrical progression-ah a pung zel ang a, lawmthu sawina line-te chu chhiar turin hun awl i nei dawn lo niin ka hria. I thil hmuhchhuah chu history-ah a kal dawn a ni.

*** .

18th June, 1965 khan a piang a.

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Leningrad atangin ka ziak a ni. Hetah hian Conservatoire-ah hian ka zir chhunzawm zel a ni. I bula awm reng chungin, hun hi i lamah a awm tih rinna ring tlat chungin duhsakna ka hlan che a ni. Ka unaupain medical examination min neihpui hian result lungawithlak tak a pe fo thin. Ka dam tha hle tak zet a, chutih laiin ka rihna chu zawi zawiin a pung zel a, mahse a ni ngei ang.

H. SVATCHIAN chuan a rawn ti a.

*** .

Yerevan-ah chuan 6th January, 1965 khan a piang a.

Pu Hovannessian duh tak, .

Tunah chuan thla ruk a liam ta a, raw-eating ka practice ta a ni. Nei khawvel hmun tina i lehkhabu lo dawnsawn dan mak tak hriatna famkim, chipchiar taka luh a, fakna thuchah pangngai sawi nawn leh ka duh lo. Ringhlelhawm lohvin raw- eating ngaihdan hi civilization kal zel chhunga mihring rilru hnehna ropui ber a ni.

Ka mimal thil tawn te hi ziak ka duh lo, a chhan chu, . lawmthu sawina lehkha hrang hrang a\anga i quote-te ka chhiar hnuah, ka chhân lêtna chu natural foodstuff eitu dangte chhân lêtna nên a inmil vek tih ka hre chiang hle.

A bik takin thil pawimawh tak chu rilru lam inthlak danglamna, a hmaa lo awm nghal, a hmaa lo awm tak tak a nih chuan, taksa lama thil thlengte hi a ni.

Mihring chi hrang hrang hnena thilpek danglam tak i hlan avangin lawmthu ka sawi phal ang che.

Vladimir Khachaturian, 38 Abovian St. Erevan-a mi a ni.

*** .

Moscow-a hmeichhe naupang pakhat hnen atanga Krismas thuchah :

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Moscow-ah chuan 20th December, 1964 khan a piang a.

Pu Aterhov duh tak, .

Season chibai ka rawn thawn che u hi lawmawm ka ti hle a, chubakah ka mimal lawmthu sawina leh in hnathawh ropui leh mihringte tana in hnehna chang tura duhsakna ka hlan bawk a ni.

I hnungzuitu, a thinlung natna rei tak leh na tak atanga dam leh tawh kha.

Chumi hnuah chuan lehkha phek sawm zeta seiah a chanchin kimchang a pe a ni natna leh dam lehna, chungte chu a hnuaia mi hi a tawi zawngin a ni:

31st March, 1965 khan a lo piang a.

November, 1963 khan raw-eating lamah ka inthlak a, chuta tang chuan ka inthlak ta a ni rinhlelhna hun khat pawh a nei ngai lo. Chutih lai chuan kum 9 chhung zet lung natna ka nei tawh a.

Mahse, a bul a\angin ka \an ang. Kum riat emaw kum kua emaw ka nih lai khan old Ka rilru a buai em em a. Chumi hnuah chuan kum khatah vawi sawm vel chu laryngitis, influenza leh khawsik ang chi hrang hrang ka vei thin a, chu chu a tlangpuiin ni ruk atanga ni sawm chhung a ni. Zawi zawiin chronic tonsillitis a lo awm ta a. Kum sawm leh pali ka nih laiin doctor-te chuan ka thinlungah mitral valve lesion an hmuchhuak a, a hnuah rheumatic carditis an hmu leh ta a ni. Kum sawm leh panga a nih chuan ka tonsils chu an la chhuak ta a. Hun rei tak chhung thinlung natna, neuritis, chak lohna leh mut theih lohna te ka tuar chhunzawm zel a. Darkar tam tak hrehawm tawrh hnua mut rei vak lo chu mumang hlauhawm tak takin a rawn tel ve a. Zana ka harh chuan thim chu ka hlau hle. A pum puiin kum khat chhungin thla thum emaw thla li emaw chhung chu khumah ka hmang thin. Harsatna nasa tak nen stairs pakhat chauh ka chho a; Kea kal te, taksa tihchakna te, tui chawi te, zin te, lehkha chhiar te, leh thil dang nuam leh intihhlimna tam tak chu ka hloh fo thin.

Doctor-te enkawlna hnuaiah ka awm reng a. Min ‘tidam’ thin a pyramidon, aspirin, antibiotics, analgesic, vasodilators, soporifics leh a ang chi damdawi dangte hmanraw hman a ni. Ka organism chuan a protest chhunzawm zel a

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mak tak maiin chutiang tehfungte chu a dodal a, ka dinhmun chu a chhe zual sauh sauh a ni. Chutiang damdawi hman tangkai lohzia ka rin tlat avangin a tawpah chuan ka bânsan vek ta a ni.

Chutiang minute khata i ngaihvenna ka luah avangin min ngaidam rawh kimchang. Ka ngaihdan chuan an ngaihven ngei ang che, a bik takin inthlak danglamna chu mak tak maiin a thleng a ni. Harsatna awm lovin chaw chhum chu ka bansan ta a. Raw nourishment chuan ka chhungah chhungril thianghlimna leh lightness nuam tak a tiharh a. Zan khat chhungin ka thinlung chuan min tibuai tawh lo. Tun hma chuan kar khatah vawi khat chauh ni lovin, NITIN deuhthaw leh chu chu HOURS ON END chhung chu thinlung bial chhungah natna ka nei thin laiin, ka raw-eating kum khatnaah chuan ni khat pawh ka khumah ka mu lo , leh ka thinlunga natnate chu MOMENTARY pangs of little consequence paruk atanga pariat thlenga tihtlem a ni. Kum khat leh a chanve chhung zet chu influenza emaw khawsik emaw attack SINGLE ka nei tawh lo. Thla hmasa berah khan ka lu na chu a bo vek. Mahse ka tan chuan thilmak ropui ber chu mut ka chawlhsan atanga MINUTES TEMTE chhungin ka muhil tan ta a ni. Hnathawh theihna ka neih chu a pung a; ka dissipation hlui, nervous tension leh irritability chu a bo ta.

Thlasik lai chuan Armenia ramah ka zin a, `Matenadaran' (the Manuscript Repository)-ah ka thawk a. Tlangah ni khatah kilometer sawmhnih leh panga atanga sawmthum vel kea kal a, chutah chuan vawi khata performance tih nawn leh tura inpeih taka haw leh chu a va lawmawm tak em. Mihring zalen tak ka lo ni ta a, a tawpah chuan nature chuan a rilruah a luhtir ta a ni. Hei hi hlimna ropui tak a ni tak zet a, chuvang chuan vawi khat chu thinlung takin lawmthu ka sawi leh duh a ni.

Moscow, 16th August, 1965. Ka hriselna hian min pe chhunzawm zel a satisfaction, a bik takin ka organism hian rilru leh nervous strain (hypertension) fiahna nasa tak a tuar tawh avangin, chubakah tlanga zinnaah taksa hahna nasa tak a tuar tawh bawk.

Ka raw-eating kum hnihna chu ka zo thuai dawn a ni. Raw-eating atanga hnukkir ka ngaihtuah tawh ngai lo. Zawhna ka rawn zawt che u hi enlightenment atan chauh a ni a, siam chhuah tur a ni lo

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ka hmalam hun chungchangah rinhlelhna tlem ber i nei. A chung berah chuan ka tan chuan zawhna taksa lam thil hi thlarau lam thil bulpui, nghet leh nghing thei lo reng reng aiin a pawimawh lo zawk a ni.

Olga Kerenskaya, 3Frounze St. Moscow-ah a awm a.

*** .

Soviet Union-ah chuan ka lehkhabute chu awlsam taka hmuh theih a nih loh avângin, chuta raw-eater rintlak tak takte chuan ka thuziak thupui chu Russian ÿawngin an letling a, an ÿhiante zîngah copy duplicate-te chu an sem chhuak ÿhîn.
Chumi hnuah chuan mi tam tak chuan chu thupui tawi te chu an copy leh thin. *A hnuaia tarlan te hi Moscow district-a cheng Russian hmeichhe tar pakhatin lehkha sei tak a ziah ÿhenkhat a ni:*

Khimki , April 25, 1965 khan a lo piang a.

Ka sawi chhuak thei lo emaw, a dik zawk chuan thumal dik tak ka hmu thei lo emaw a ni chu chuan in chungah lawmthu sawina tawp nei lo ka sawina tur a ni. Mihring taksa leh thlarau chhandamna atana i thawhrimna thianghlim, i 'RAW-EATING', rulhna tlak chu khawvelah hian lawmman a awm lo. I hmaah leh i hmaah chauh ni lovin, hriselna atana he recipe hlu tak, i lehkhabu atanga thu lak chhuah engemaw zat awmna min rawn thlentu hmaah pawh ka kun bawk. Keimahni lam chuan i lehkhabu hi ka hmu thei lo. Ka thianpa — zirtirtu hlui — .

had copyed them out not from your book directly, but from a notebook of a friend of hers — also a former teacher, tin, tunah hian he nula hian heng line hi a ziak che a ni, a chhan chu keimah ngei pawhin ka mit a chhe hle a ni. Mit pakhat chauhvin ka hmu thei a, chu chu magnifying glass hmangin, chutiang a nih loh chuan lawmthu ka sawi hmasa tur a ni.

February ni 15 khan ka practice tan a, chuta tang chuan chaw chhum engmah ka ei tawh lo va, chhang pawh ka ei tawh lo... August 15, 1966-ah kum sawmkua ka tling tawh ang. Ka thiante zawng zawng aiin ka chak zawk a, he thudik hi a nemnghet a ni mi dangte pawhin.

Karpovna Maria Ivanovna, Fevralskaya St. 12, Khimca-ah a awm a.

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*** .

Sundsvall-ah August 12, 1965 khan a piang a.

Pu Hovannessian duh tak, .

Ka pi leh a pasal, Yerevan-a doctor pahnih, an hming Danielian te chuan i rawtna atang hian hlawkna nasa tak an hmu tih min ziak a, i ei leh in leh damdawi hman dan tur chu hmang turin lawm takin min fuih bawk. Chuvangin, ka turn-ah chuan i hnathawh 'Raw-Eating' tih copy min rawn thawn thei ang em tih ka zawt duh a, chu chu lawmthu ka sawi lawk a ni.

Istanbul atanga lo kal gynecologist ka ni a. Kum hnih kalta chhung khan ka nei tawh Sweden khawpui Sundsvall-a damdawi inah hna a thawk tawh a ni. Mi tam takin hlawkna nasa tak an hmuh tawhna i lehkhabu leh i thupekte chu ngaihvenna leh chhuanawm takin ka chhiar ang."

Dr. Shabuh Sedikian, Länslasarette, Sundsvall, Suède-ah te a awm a ni.

*** .

Moscow-ah November 19, 1966 khan a piang a.

Pu Aterhov duh tak, .

I ngaihtuahna chiang tak leh awlsam tak hi mak tak maiin ka lawm hle. Chutiang thil hmuhchhuah ropui tak chu hetiang taka awlsam taka sawifiah theih a ni tak tak em? 'Aw mihring! Nature hian nang leh i cell te chu ei tur raw hmangin a siam a, a chawm bawk. Chu cell-te dinhmun leh hnathawh dan i hriat chian loh phawt chuan, thil pianphung ni lo, rimchhia chi hrang hrang hmangin an hnathawh tibuai suh.

Ka nupui nen hian post-graduate zirlai kan ni ve ve a. Kei hi physicist ka ni a, ani pawh hi physician a ni.

I hnathawh hi kan ngaihven hle a ni...

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MICHEAL MINASIAN a awm a.

*** .

Jermook-ah chuan March 6, 1966 khan a piang a.

Aw scientist scientist, chibai ka buk che u! Mihringte zirtirtu, chibai ka buk che u!

Health Resort of Jermook in ah doctor assistant ka ni a, ka rilru a buai em em a, ka rilru a hah em em bawk a

Armenia ram a ni. I lehkhabu hian min ring tlat a, November ni 4, 1965 atang khan raw-eating ka practice tan a. I propagate dan hmang hian ka dam ngei ang tih ka chiang. Kum 1947 atang khan rheumatism, polyarthritis leh coronary arteries lama harsatna te ka vei tan a. Kum 1963 atang khan ka hriselna chu a chhe zual sauh sauh a, chu chu ka kal (kidney) natna nasa tak avang a ni a, chuta tang chuan watermelon ei hian a then chauh ka hahdam thei a ni.

Raw-eating ni rukna atang khan ka ruh natna nasa tak ka nei a, mahse a hnuah a tawp ta a ni... Raw-eating avanga reactions incidents neih chhung hian a hmaa arthritis attack apianga kaihhnawih thin ruh natna chu ka tawng lo. Ka kal natna a zual zel apianga an lo lang thin fever leh dropsy paroxysms te pawh ka tuar lo. Tunah chuan mut tha tak tak ka hlim a, ka pulse rate pawh 120-140 atanga 90- 90 ah a tlahniam tawh bawk.

Minute khatah beat 100 (strain condition hnuaiah). Ka thinlunga zan tin natna te, ka lu a hring hring leh ka ke a thawmhnaw te chu a bo ta. Ka rihna kilo nga zet ka tlahniam tawh a, ka rheumatic natna pawh a bo tawh bawk. Ka dam tha khawp mai a, ka chakna pawh a pung zel bawk.

Ka nupui leh ka fapa kum ruk mi pawh, raw-eating hi an adopt mek a ni. Ka fapa pathumna — tuna thla khat mi — chu i fanu *Anahit* i enkawl ang bawkin ka enkawl ang .

Ka zirtirtu duh tak, doctor assistant hna ka thawk tawh a kum sawm leh pariat leh tunah chuan kum sawmthum leh pasarih ka ni tawh a, Pedagogical Institute-ah correspondence course ka zo dawn ta. Mahse, i lehkhabuah hian a tawpah chuan a tam zawk chhanna ka hmu ta a ni

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hun rei tak chhunga min tihbuai tawh harsatna — hmun dangah ka hmuh theih loh chhanna. "Chutiang harsatna pakhat chu naute hi an pian ni khatna atang khan ran dang fate angin an kal thei lo tih hi a ni. Tunah chuan hei hi a chhan leh naupangte taksa lama harsatna dang tam tak awm chhan chu chaw siamnaah zawn tur a ni tih ka ring tlat a ni an nu leh pa leh pi leh pute ei tur ei.Ka ngaihdan chuan raw-eater thlah thum emaw thla li emaw hnuah chuan chutiang chhiatna zawng zawng chu a bo vek tawh ang.

Dr. Vachagan Gasparian, Jermuk, Armenia khuaa mi a ni.

*** .

Ka unaunu upa ber chu Yerevan-ah a awm a. Parcel lian tak tak ka thawn fo thin of books, chu chu damlo na tak emaw, raw-eater rintlak tak takte hnenah a hlan thin. *A lehkha thawn tam tak aÿanga thu lak chhuah tlemte chu hetiang hi a ni:*

“Ka duhtak Arshavir, he lehkha hian lawmna nasa tak a pe dawn che tih ka hria. Raw- eating hian Yerevan-ah leh province dangah pawh hma a sawn chak hle a ni. Miin min rawn ring lo va, min rawn tlawh loh chuan ni khat pawh a liam lo. Thurawn zawng emaw, lehkhabu dil emaw turin an lo kal thin. I lehkhabu te hi mamawh tak tak te hnenah ka hlan e. Lehkhabu mamawhna a awm a, chu chu kut khat atanga kut dangah a kal a, rei lo teah a chhe vek a ni. Diltu zawng zawng hnena lehkhabu a thlawna thawn thin i tih dan hi ka ngaihtuah nasa hle. Engtin nge chutiang crushing expenses chu i tuar theih ang?

Damlo engzat nge raw-eating hmanga tihdam an nih tih i hre thei lo va, lawmthu an sawi tak zet che a ni. Heta mite hi nangmah ang bawka humanitarian an ni vek. Miin a hriselna hloh chu a neih leh meuh chuan a chhungte damlote tihdam hna chu a thawk a, chutiang chuan mi dang panga emaw paruk emaw chu natna khirh tak aÿangin an dam leh ta a ni. Chutah chuan ka hnenah an lo kal a, an thil tawn te an sawi chhuak thin. Step khat pawh che thei lote chu tunah chuan kilometre tam tak an kal thei tawh a ni.

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Chu damlo zinga pakhat chu a kut zungtang (edema) a vei tawh a ni leh feet kum sawmhnih chhung zet a nei a, kilogram 115 aia tlem lo a rit bawk. Raw-eating diet a hman hnuah ni 20 chhungin kilogram 10 a tlahniam ta a ni. A fapa chuan, 'Ka pa, a hmaa a kut leh ke a che thei lo, tunah chuan naupang ang maiin a kal ta a ni' a ti a. Nang leh Anahit-a chu malsawmna an pe chhunzawm zel che a ni. Damlo dang pakhat chu a vocal chords inflammation vangin a lo vei tawh a, a aw pawh a hloh vek tawh mai. Tunah chuan thla khat leh a chanve chauh raw-eating diet a ei hnuah a hriselna a lo dam leh tawh a ni.
Hetah pawh hian tlangval kum 28 mi pakhat chuan a kal (kidney) chu a supuration a, a taksa pum puiah general dropsy a nei bawk. A dinhmun chu a nasat em avangin beiseina zawng zawng chu a kalsan vek tawh a, mahse tunah chuan raw-eating vangin a dam tha khawp mai. Case inang chiah hi a tam em em a, a chanchin ziak vek pawh a theih loh khawp mai. Anmahni chhut dan chuan Yerevan-ah chauh pawh hian tunah hian raw-eater 2,500 an awm tawh a, an zinga tam tak chu hun rei tak chhung natna khirh tak nei tawh mahse tunah chuan hriselna famkim an nei tawh a ni. Mite chu thinlung natna, salty concretions, thisen sang, pum ulcer, kidney, liver leh gall- bladder inflammation, calculi leh natna khirh tak tak dang tam tak atanga dam an ni.

Keimah ngei pawh ka damlo hle a. Thisen sang ka vei a, ka beng a ring a, ka liver inflammation a nei bawk. Ka hnar hi ni khatah vawi hnih emaw vawi thum emaw thisen a chhuak thin a, ka chak lo hle a, ka muhil tha lo hle bawk. Ka thinlung chu a chhe lutuk a, zan tin ni êng ka hmu leh ang em tih ka ngaihtuah thin. Mahse tunah chuan ka mut chak em em a, zingkar hnathawk tura chhungte kal ka hre lo. Dik tak chuan, a châng chuan ka thawh tlai lutuk hian an lungkham hle a, ka damlo a ni ngei ang tih ngaihtuahin. Ka slim tawh hle a, eng ang pawhin kal mah ila, ka chau lo--mi zawng zawng mak tihna nasa tak a ni.

Raw-eater-te chuan inlaichinna ÿha tak an nei ÿhin. Tlai khat chu Colozian-ho inah min sawm a. *(Mr. Colozian hi Yerevan-a lemziak thiam veteran a ni. A chhungte chanchin hi a ngaihnawm tak zet a ni. Amah ngei pawh hian chronic stomach ulcer a vei tawh a, thisen chhuak nen a vei bawk. Refusing to accept medicine in*

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hospital-ah a inthlak a, raw- eating-ah a inthlak a, a natna aÿangin a dam chhuak ta vek a ni. A nupui hian fungus infection (blastomycosis) a nei a. Thla li zet a raw-eating hnuah a nail te chu a lo thang lian tan a, a khuh chu a bo ta a ni. An fanu chuan nupui a nei a, raw-eating-ah a naupai chu a pass a, thisen chhuak pawh nei lovin a fa a hring a, tunah chuan a fa chu raw nourishment-in a enkawl mek a ni.)

Raw-eater famkim sawmthum leh pahnih an awm a, anmahni bakah hian chhungkaw pali awmna. An hnen atanga ka lo dawnsawn dan chu thumal takin min sawifiah thei lo. Anni chuan dawhkan mawi ber leh mawi ber ber an buatsaih a, chutah chuan chawhmeh duh tak raw salad, raw tart tui tak tak chi nga emaw paruk emaw a awm a, chu zinga pakhat chu Anahit tih an vuah a, chu chu Indian corn `pilau' bik, tuiah hnim hring hring hmanga chei a ni a, leh thei leh thei thar chi hrang hrang te. A tawpah chuan chaw tui tak, mixed wheat, oats, walnuts, raisins te an rawn keng lut a.

Khualzahawm zawng zawng hi doctor, artist, musician leh lecturer te an ni. Anni thusawi eng emaw zat a nei bawk. A tawpah chuan Mr. And Mrs. Colozian te inneihna kum sawmthum tlin lawmna a ni tih a lo lang ta a ni.

Doctor tlemte chu raw-eater an ni ta. Damdawi thiam naupang tak leh a nupui, Doctor ni bawk chu Jermook-a Health Resort atangin min rawn hmu a. Ni khatah damlo sawmli atanga sawmnga vel an neih thu min hrilh a, an vai hian i lehkhabu an mamawh vek a ni. I lehkhabu mamawhna chu sang tam tak a tling thei tih min tiam a. Spitak-a doctor chuan cholera chungchang thu a sawi a, a tawpah chuan raw-eating chungchang a sawi a, a ngaithlatute chu i lehkhabu copy pakhat la turin a fuih a, uluk taka an chhiar hnuah a rawtnate chu a taka hmang turin a fuih bawk.

Kum sawmruk leh pali mi doctor zahawm tak pakhat chu Kirovakan atangin ka hnenah a rawn kal a. A damlo nasa hle tih min hrilh a, mahse a nupui nen chuan kum khat chuang kalta khan raw-eating an lo hmang tawh a, chuvang chuan a hriselna a lo dam leh tawh tih min hrilh a. Tin, Yerevan Institute of Medicine-a Chair of Nutritional Hygiene Director, Dr. A.
Harootiunian,* chuan Kirovakan-ah doctor-te, damlote leh a chung berah chuan raw-eater-te hmaah thusawi a lo pe tawh a ni. Lecture tawp lamah chuan,

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raw-eating chungchanga zawhna chu sawihona atan a lo chhuak tawh a ni. Raw-eater engemaw zat, thla tam tak chhung damdawi ina muhil tawh, result nei lo, tunah chuan raw-eating hmanga tihdam tawhte chuan an damdawi in record enfiah a, an dinhmun nena khaikhin tur dik tak siam turin an phut a ni. Speaker-in vantlang hmaa raw-eating a sawisel chhan chu a kaihhnawih thil dik tak enfiah lovin hriat an duh tawh bawk. Raw-eater pakhat phei chu a ding chhuak a, Kirovakan doctor hnenah chuan a hre chiang em tih a zawt tawh bawk. Chhanna ÿha lo a dawn chuan heti hian a sawi chhunzawm tawh a ni: 'A case chu beiseina nei lo anga i ngaih leh in lama thi tûra i damdawi ina i chhuahtir damlo chu ka ni. Tin, vawiinah hian raw-eating vangin hriselna tha tak ka nei ta a ni.' Doctor chu a lo ding reng tawh a ni."

Siranosh Babakhanian, kum 33 mi chu Poushkini, Erevan-ah a ni.

**He pa (Harootiunian) hian a hmain article a lo dah lut tawh a chanchinbu "Communist" tih hming pu!! Yerevan-a tihchhuah (1964, No. 17l), chutah chuan raw-eating hlawkna chu hnial vek lovin! Natna thenkhat chauh a hmanna chu a khap tawh a, chutih rual chuan rannung protein leh artificial vitamin tha lo tak takte chu a fak hle bawk. A tawpah chuan a chhiartute chu doctor thurawn tel lo chuan natural foodstuffs ei lo turin a lo vaukhân tawh a ni. Heng thusawi te hi ka Armenian tawng "Along the Paths of Raw-eating" tih thupuiah hian chhanna na tak ka pe tawh a ni.*

*** .

He nula hi Armenian hla phuah thiam lar tak (Ofelia) nupui a ni Hambardzumyan), hmeichhe fing tak, tun thlenga lehkha sawm leh pathum min ziaktu, a then chu hetiang hian ka sawi ang:

November 20, 1966 khan a lo piang a:

Pu Hovannessian duh tak, .

"Thla hnih dawn kalta khan i raw-eating book, ni khat chauh min lo loan tawh kha, chutiang taka phurna, phurna leh duhthusam, thumal khat hnu thumal khata pen hian a sawifiah theih loh leh sawifiah theih loh khawpin ka chhiar a. Tun hma chuan, Ka mit a del a

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thihna lam pan chuan ka tlan chak hle a, kum tam tak chhung chu ka hmaiah taksa dik lo chhinchhiahna a lo innghat a. Mahse, raw-eating-ah chuan a bo hma hle.

I lehkhabu thiam tak kha ka la chhiar zo lo a, chutih lai chuan ka hnen atanga inthen ngai lo ei tur leh damdawi bottle leh capsule siam zawng zawng chu bawlhhlawh bawm ah ka thawn vek a. Ka piancham vawi 61-na a ni a, i hnen atanga he thilpek hi ka pawm a, raw vegan nih ka tum ta a ni. He ni hi ka theihnghilh ngai lovang; Ka taksa chhe tawhah hian eng inthlak danglamna nge thleng tih chu i lo chhut chiang hle. Kum kalta chhung khan natna chi hrang hrang nawrna hnuaiah nun buaithlak tak ka nei a. A bik takin quater natna hrik kai thei leh tuar theih loh sciatica chuan ka mut a ru tawh a. Natna tenawm tak atanga ka chhuah hnu chuan mi taima, chak leh chak tak ka lo ni ta a, nilengin sakeibaknei ang maiin ka tlan kual vel a. Ka lawmthu sawina tur tawngkam ka hmu thei lo; Aw genius of genius, ka thian duh tak...

Khawngaihin a thian hla tak, a hnuhnung ber tih chhuang tak chibai bukna chu pawm rawh hming chu i hming nen a inang (Ter Hovannessian). Tunah chuan miten an taksaah toxic substance an dah dan hi ka tuar thei tawh lo? Hriat lohna avanga ka hmangaih takte ka inah ka sawm a, ka kut ngeia thil siam ka pek thin dan ka hriatchhuah hian ka tuar thin.

Raw-eating hmain ka thinlung na hian stroke a nih thu min hriattir a, chu chu ka ngaihdan chuan thihna nuam leh awlsam takah ngaih a ni a, Mahse tunah chuan ka mit ngeia chhiar tur leh ka unaupa hming a awm tih ka beng ngeia hriat tur hian nun ka duh ta a ni khawvel zawng zawng tawngte. I hnathawh chu a fing a, chaw chhum chu paihthlak a ngai a, hnehna a lo thleng ang che.

August 2, 1967-ah chuan:

"Tûnah chuan hrisel ÿha famkim leh hausa tak, mihring tak tak ang maiin ka thawn a ni." nang ka lehkha pathumna. Ka thinlung rilru put hmang hi a tam em em a, lehkhaah pawh ka ziak thei lo; Tuna ka hriselna hi i chungah ka bat a ni Aw mihring chhandamtu, Aw ka unaupa duh tak, ka unaupa ka ti thei ang che?

Ka lehkha thawn hmasa pahnih avanga i hnen atanga chhanna ka dawn loh khan i lehkhabu lian tak chu ka thiante hnen atangin ka lo la a, notebook thuk pathum ah ka copy vek a. Tunah chuan he copy hian kut a thlak ta. Nakinah chuan lehkhabu leh lehkha i thawn a, mahse ka hnenah a thleng lo tih ka hrechhuak a.

Hetah hian raw veganism ringtu hi nitin an pung zel a ni ni; An zingah hian Doctor pawh an awm ve tho. A tam zawk chu ka hnenah an lo kal thin

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zawhna thenkhatah chuan, raw food ka promote a; Cake, halvah, salad leh raw dolmeh siamin mi ka entir a, an instruction ka print a, mi zingah ka sem darh a, raisins nen cake-ah hian i hming ka ziak a; Heng cake pakhat hi i unaunu tan ka lei a. A tap a, min kuah a, "Vawiin atang hian unaunu pahnih kan ni tawh. Ka in kawngkhar hi i tan a inhawng reng a ni," a ti a. I lehkhabu volume hnihna chu min pe a.

I unaunu ka hmu fo thin a, i lehkha leh document te ka chhiar fo thin a, ka en thin thlalakte chu, i fate pahnih, ei tur "fortifying" leh ruihhlo "effective" hmanga tihchhiat thlalakte chu khawngaihna nasa takin ka en a; An inthawi tawh a, mahse chu ai chuan vawiinah hian mi sang tam tak chu thihna thenkhat lakah chhanchhuah an ni a, an hriatrengna atan chibai bukna an thawn a ni. Tun hmaa mi fing ropui tak takte chuan hetiang ei leh in leh damdawi chi hrang hrang avang hian an hnathawh chu tihfel lohvin an awmtir a, an boral ta... nangmah chauh hian he thuruk hi i rawn pholang a ni. Heng thudikte hnial ngamtu lei chu bengchheng takin awm rawh se.

Tunah chuan ka chanchin tlem ka sawi ang. A ngaihnawm ka ti khawp mai raw-eating ka tan hmaa ka awm dan leh tuna ka awm dan in hriat theih nan. Kum sawm leh pasarih mi ka nih laiin ka hnungzang dinglamah natna nasa tak ka nei a. Doctor-te chuan a chhan an hrethiam thei lo va, damdawi leh massage-ah chauh min ti lungawi lo. Kum ruk hnuah a tawpah chuan thihpuiin damdawi inah min hruai ta a ni. Ka kal dinglam chu lung leh hnim hring a khat tih a chiang ta. Ka kal zaitu professor chu mi fing tak a ni a, a dam a nih chuan i thil hmuhchhuahte chu a kut pahnih hmangin a sign ngei ang Doctor ten i kal (kidney) chanve vel chu massage leh damdawi tha lo tak tak avanga an ei vek thu min hrilh a, a nui a. Sa, artui, pickles, mineral waters leh salty foods ei chu chatuan atan theihnghilh a, thlai leh thei ei tam turin min ti a.

He thupek hi kum hnih emaw kum thum emaw chhung chu ka zawm a, ka rilru a hahdam chuan engkim ka ei leh ta a. Zawi zawiin ka ei duhna a lo pung a, ni tin ka rihna pawh a pung zel a; Midang ang bawkin hei hi hriselna chhinchhiahna niin ka hria a, mahse a kalh zawngin a lo lang ta a ni. A hmasa berin lu na na tak a intan a, chutah ka ke a hring a, kum sawmli leh pali ka nih chuan ha siam (artificial teeth) chu natural teeth-in a thlak ta a ni. Ka taksa rih zawng chu kilo sawmriat leh pahnih a tling a; Thâwk hahna, khuh rei tak, rilru natna leh pum na tak chuan min hual vel a. A hnuah chuan goiter a rawn lang a, chu chu...

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ka kawr chu egg khauh tak ang maiin a hual vel a. Doctor ten zai an duh a, mahse ka duh lo. Tichuan, sciatica, arteriosclerosis, thisen sang, hemorrhoid, gout, etc. te chuan ka taksa pum pui chu ka kal thei lo khawpin a tichak lo hle a.

Ka room chu aspirin tablet, pyramiden, valocardin, milocardin, analgin, beloid, capodiazit leh poison dangte damdawi dawr ang mai a ni a, chu chuan ka ei tur chanve a siam a ni. Doctor-te lakah ka lungawi lo hle a, mi zawng zawngin heng symptoms te hi kum nen a inzawm tih an sawi avangin ka nun tawp a thleng ta niin ka hria. He khawvel hi ka chau tawh a, stroke awlsam tak hian heng mualphona te hi a titawp mai ang tih ka duh mai mai a ni. Thilmak a lo lang thei ang a, he mumang rapthlak tak atang hian min chhanchhuak thei ang tih hi ka rilruah a lo lang ngai lo. Mahse hei hi a inzawm tlat a ni. Tunah chuan kilo sawm leh pasarih zeta rit diabola a bo ta (lehkha ziaktu chuan a taksa hmasa ber chuan he ei hun raw chhung hian cell thar leh hrisel kilo sawm leh pasarih a khawlkhawm tih a theihnghilh a, chu chu diabola chu kilo sawm leh pasarih ni lovin, kilo sawmthum leh pali leh a aia tam pawh a ni mai thei tihna a ni) tin, khawpui tawp atanga khawpui tawp dang thlengin kilo sawmruk leh pali zeta rit tak tak nen ka kal a, cognac factory step 132-ah chuan bungrua rit tak tak nen ka chho a, chutah chuan clinic-a awm ka unaunu fanu hnenah chuan ka kal a, hnathawkte a nih avangin tin, chuta doctor-te pawhin ka dinhmun hmasa chu an hre chiang hle a, mak an ti hle. A bik takin ka thisen sang an lak a, sawm leh pakua ni lovin sawm leh pathum an hmuh hian. Hei hian an ngaihdan a thlak danglam ang a, a takah chuan thutak chu a chak zawk ang. Ka inah hian raw vegan food tui tak tak ka buatsaih a, an hnenah ka hruai a, an ei a, ka ti a: "Hovannessian hian a lehkhabu te chu khawvel pumah a thlawnin a thawn thin. Mite pawh raw food hmangin ka enkawl a, i duh ang zat ei rawh." Tunah hian thla sawm chhung zet chu he hlimnaah hian ka khawsa tawh...

Ka detox chungchang hi thu tlemte sawi ka duh. Ka natnate hrehawmna chu a nasa em em a, detoxification reaction hmasa ber pawh ka hre lo, ka ei tam poh leh ka ei tam thei lo chauh a ni. Ka taksa veilam ah chuan vun sen a rawn lang a, chu pawh chu a na hle a, mahse rei lo teah a reh ta a ni. Ka vun chu hmun thenkhatah a vawt a, a hnim a, a hring a, a tha zawk bawk; Ka zun rawng chu a chang chuan a sen hring dup a, a chang chuan a var a, a thuk bawk a, mahse tunah chuan tui ang maiin a chiang tawh. Lu na na tak tlemte ka nei a, chu chu a mah chauhin a lo tha chho ta a ni. Chaw raw ei ni hmasa ber atang khan he khawvelah hian damdawi a awm tih ka theihnghilh a. Chu chu ka ring thei lo

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tunah chuan ka sam dum chu a rawn sen tawh a, a rawng hmasa berah a lo lang leh ta."

Lehkha No. 12 - May 7, 1971-a ziah a ni

"Thu tam tak ka nei a, khawi atanga tan tur nge, khawiah nge ka tawp dawn tih pawh ka hre lo. Ni khat chu damdawi inah administrative hna engemaw thawkin ka kal a, hmeichhe doctor pakhatin i lehkhabu chu a kutah a keng a, a bulah doctor dang eng emaw zat a ko khawm tih ka hmu a." leh a farnu chu raw veganism hmanga kal natna khirh tak atanga chhanchhuah a nih dan thahnemngai takin a sawifiah a, chutah chuan: "Ofelia Hambarsoumian-i nupui lehkha pawh he lehkhabuah hian a awm bawk a ni," a ti a ni. t know me.Lehkhabu chu ka en a, lehkhabu ka sign leh mi hnena ka pek tawh ang chiah kha photocopy a ni tih ka hmu a, i lehkhabu hi a tlem em avangin mi tam zawkin an hman theih nan photocopy a ni ang.Hetih lai hian doctor chuan min hrechiang a, ni khat chu damlo hmu turin min ti a, kan siam that ni ah chuan ka kal ta a.

Damlo hlui Ozonian-a, tuna hrisel taka awm tawh chuan party ropui tak a buatsaih a; Veterinarian a ni a, a nupui chu Doctor a ni a, a unaupa chu university professor a ni a, a nupui pawh doctor a ni bawk a, journalist engemawzat leh raw-eater thar thenkhat an pungkhawm a ni. Kirovakan atanga lo kal Dr. Abajian, raw-eating follower thar engemawzat nen an lut a.

Ozonian hian kum khat kalta khan i address hluiah lehkha a ziak a, a natna khirh tak a nih laiin, mahse i hnenah a thleng lo niin ka hria. He lehkha hi a ngaihnawmin a hlu em em a, ka copy a, ka rawn thawn che u a ni. Lehkhaah i hmuh angin kum khat kalta khan a damlo em em a, a chungah an beidawng hle a, mahse tunah chuan hriselna famkim nen a hna a thawk mek a; ***Ozonians lehkha thawn chu:***

ÿ *"Tun hunlaia thilpek petu ropui ber leh scientist ropui ber nangmah hi eng tawngin nge ka mak tih leh zahna ka lantir ang tih ka hre lo. Ka kal natna rah chhuah ni mah se, ka chak lo em em a, ka ziak thei lo." thu tlemte ka chhungte hnai berte hnenah pawh, mahse lawmna zawng zawng nen ka ziak che a ni.Khawvel pumpuiah hian nangmah chauh hi ka ziak thei a, mahse ka ziak lo thei lo.Ka unaupa chuan i lehkhabu a rawn keng a, chu chu a nghet tlat a ni Ka chhiar a, a thinrim loh nan khumah ka thu a, duh lo chung chungin lehkhabu chhiar tam lutuk avanga hrual chu ka chhiar tan ta a;Mahse, he lehkhabu ngaihnawm tak hi ka bânsan thei lo,*

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a chhan chu a ÿawngkam nalh leh rilru na tak mai bakah i ngaihtuahna thuk leh thir tak takte chuan ka taksa pum pui chu a hip tlat a ni. Heng naupangte thihna lungchhiatthlak tak kha a ni a, thudik zawng turin scientific tuifinriat chhunga cellar thup takah a hruai lut che a ni. Lungngaihna thuk tak chuan biology niah a siam che a ni. Chumi atan chuan mihringte hian in fate pahnih lakah leiba kan nei a, an hming hi hnamte hriatrengnaah a awm reng dawn a ni. I lehkhabu ka chhiar zawh chuan ka raw nghal a, damna result nghak lovin ka lawmthu ka sawi. I thusawi dik tak ka hriat chian em avangin; Veterinarian ka nih avangin leh biology ka hriat chian em avangin i thusawi ropuizia hi ka hrethiam zawk thei ang. Kum sawm tam tak chhung ka thluaka zung kai tawh, biological science ngaihtuahna zawng zawng chu ni khatah a danglam ta vek a ni. I ropuina hmaah hian hmalam hun chu a kun ngei ang tih ka ring tlat a ni, a chhan chu thil hmuhchhuah ropui tak hi thup a la ni ngai lo. Kum 40 ka ni tawh a. Chronic nephritis ka nei a, ka dinhmun hi a na hle. Ka thisen nitrogen hi 65-90 a ni a, a tlahniam lo.
Khumah muin, i tan thawk ka la mai mai, ka dam tha ang tih ka ring tlat. Ka nu min hrinsak avangin leiba ka nei ang a, ka nun chhunzawm zelna atan pawh leiba ka nei bawk ang, chatuan atan..."

Thu ngaihnawm dang: "Science & Life" magazine-a journalist pakhat chu Moscow atangin Yerevan-ah thil nung lo thanglian dan zirchianna nei turin a lo kal a.

Doctor leh raw-eater tawnhriat ngah eng emaw zat chu raw-eater reporter inah an pungkhawm a, report a ziak bawk. Min zawng a, November 15th, 1971 khan lehkha number 13 ("Avangard" chanchinbu editor hnenah lehkha chipchiar tak ka ziak tawh) chuan nghawng a nei niin a lang, a chhan chu phone hmangin chaw ei kawng natna lama specialist pakhat hnenah min hriattir a ni system, Professor Jivan Shmavonyan , chuan kei leh raw-eater dang thenkhat nen inhmu a duh a. Active raw-eater te tan party tih loh chu eng nge ka tih theih ang. Party hma ni engemaw zat chu office atangin chawlh ka la a, mualphona awm lovin live eater tan pawh dawhkan thar siam ka tum a.

Chhangphut raw, biscuit, basaq, chubakah pangpar hnah, pomegranate chi atanga siam jam raw chi hrang hrang, kum tin thlasik laiin ka siam green walnut atanga siam pawh, chubakah salad hrang hrang nen pawh, ka lo chei tawh bawk

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dawhkan lian pathum a tam lutuk a, sawi harsa tak a ni. Hun engemaw chen chu i hming inlanna cake lian pathumte chu tumahin an khawih ngam lo. A tawpah chuan ka cut a, ka play ta a. Table chu thei leh thei tui rit lutuk avang chuan a rawn au chhuak ta!

A laiah hian Aterhov-a farnu (Siranush BabaKhanian) hmuh tur a awm a, a vei lamah Professor ***Shmavonyan a awm a,*** *a hnungah Haikanush Ter Hovannessian a ding bawk.*

October 24, 1971 dar 16:00-ah inkhawm tur a ni. Darkar hnih hmain i unaunu chu i aiawhtu atan lo thleng hmasa berte'n kut an thlak theih nan ka tir a. A hmasa berin Professor zahawm tak ngei pawh a rawn lut a, nui hmel pu chungin a kut pahnihin ka kut a rawn vuan a, i unaunu chu zah takin a lo hmuak a. Hun dangah chuan raw eater mikhual zawng zawng chu doctor, university professor, journalist, zirtirtu, etc. an ni vek a, vawi khatah mi sawmli leh panga vel an lut ta a.
Ka mangang hle a, chutih lai tak chuan Dr. Abajian chu Kirovakan atanga lo kal hmeichhe agile leh hlim tak pali nen a car-ah an rawn thleng a; A natnate a sawi hmasa a, heng natnate i paih bo avangin lawmthu a hrilh che a, nangmah leh i hriselna atan duhsakna a hlan bawk.

Tichuan nung ei zawng zawngte chuan a hnu pakhatin thu an sawi a, tun hmaa natna lo awm tawhte leh tunlai hriselna chungchang chipchiar takin an sawi a ni. Professor chu ngawi rengin a thu a, ngun takin a ngaithla a, a notebook-ah note a siam bawk. Khualzin tam zawk chuan an hre lo, a ding chhuak a, nung eitute report an siam zawh hnua a inhmelhriattir lai khan,

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mi zawng zawng an thu a, ngawi rengin an ngaithla tan ta a. A tum leh ruahmanna te chu zawi zawiin a sawi tan ta a.

University professor zinga pakhat chuan Hovannessian-a lehkha chu a chhiar a. Dr. Abajian chu a veilam sir ah a thu a.

Ani chuan, "Hovannessian hian hna ropui tak a thawk tak tak a ni. History." scientist lar tam zawk chu mi pangngai atanga lo chhuak an nih thu a tarlang a; Hovannessian hi doctor ni lo mah se, a thil hmuhchhuah avang hian Doctor aia chungnung zawkah a ding a, scientist nih theihna a nei bawk. Hmelma nei mahse, thudik tak chu a chak zawk hi a ni. In sawi vek tawh a, in quote vek tawh a, mahse heng thute hi in hnenah a la awm reng a ni. Mipui (population) i buatsaih tur a ni a, ei nung zawng zawng statistics la la, tun hmaa eng natna nge an neih leh tuna an dinhmun chu i hriat chian a ngai a, heng document-te hi min pe tur a ni". A rawtna ang chuan mi 15 awmna committee thlan a ni a, tin, chutah chuan ka hming pawh a inziak lut bawk a, chutiang inkhawmpui chu thla thum danah vawi khat siam turin kan rel a.

Professor chuan raw-vegan sanatorium din a ngaihtuah thu a sawi a, raw-vegan restaurant din chungchang pawh sawi a awm bawk.
Thutawp atan chuan professor ngenna angin i lehkha thawn, India sorkar atanga lehkha thawn, of

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"Avangard" hnena lehkha ka ziah tawh kha, Ozonian leh Makarian lehkha pawh kha. Salad leh chaw dang zawng zawng chu lawmawm takin a ei vek a, a siam dan tur a zawt bawk. Salad form ka neih chu khualzinte hnenah copy sawm ka sem a. Hei hi ka thawn che version zinga mi a ni lo, hei hi brand new leh complete a ni.

Inkhawm hi dar 16:00 atanga 21:00 thleng neih a ni. Kan chhuah dawn chuan proffecor chuan a card pakhat chu ka hnenah a pe a, pakhat chu Siranoush hnenah min pe a, a bula awm reng turin min ti a. Siranoush hnenah chuan, "I unaupa hmuh ka duh takzet a, inrawnkhawm a, thawhhona tha tak siamin kan tumna hmun thlen thuai theihna tur ruahmanna tha tak siam hi ka duh tak zet a ni. Ram pawna zin phalna lak a harsa hle a; I unaupa hnenah lehkha ziak la, a thununna hi a hmang thei maithei," a ti sawmna buatsaih turin".

Professor-a thusawi: **Jivan Mambre Shmavonyan , Papazian No. 17, Yerevan-a awm."**

A rilru a buai em em a, a rilru a hah em em bawk a. 10 Alaverdian St. Erevan.

India sorkar atanga lehkha thawn:

India rama Information Service - T. S. Kanwar

Tehran, January 4, 1971-ah India Embassy-ah a awm a. press associate a ni

"Kan hriattir tawh angin, "Raw-eating" tih hming hnuaiah lehkhabu i tichhuak tawh a ni. India sorkarin Nature Cure atana thutlukna siamtu committee a ruat a, chu chuan Nature Cure hmasawnna leh hmasawnna chungchang zirchianna a nei tih i hriattir thei ang.
I lehkhabu hi he committee hnenah hian pek a ni tawh a, chu committee chuan a hria a, hna tha tak a ni ang tih a ngaihtuah a ni. Chuvangin, Ministry of Health and Family Planning of India chuan he lehkhabu lian tak hi man tlawm zawka (cheng nga chauh) hralh chhuah a, sem chhuah a ngaihtuah mek a ni. He thuchhuah hralhna atang hian hlawkna an hmu dawn lo.

Khawngaihin phalna min pe a nih chuan kan lawm hle ang
India sorkarin he lehkhabu hi English leh tualchhung tawng dang sawm leh pahnih hmanga tihchhuah turin.

Tin, he lehkhabu hi kum 1990 atanga update a nih leh nih loh min hriattir dawn nia 1967-a tihchhuah a ni. A nih loh leh nakin lawkah siam danglam i duh em?

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Chuvangin he lehkhabu hi India rama tihchhuah theihna tura phalna tul kan neih chuan kan lawm hle ang."

TS Kanwar chuan a rawn ti a.

India rama health institution active ber a ni a, kum 1964-a Mahatma Gandhi-a din a ni. Ka lehkhabu leh Bulletin te hi India ramah an sem chhuak fo thin. Ministry of Health of India ka lehkhabu hi he institution hian a rawn luhtir a ni. Chu institution director-in ka hnena lehkha a thawn a\anga a \hen thenkhat chu hetiang hi a ni:

"Kum nga kalta khan British Vegetarian Magazine-ah i chanchin ka lo chhiar tawh a, chu chu ka ngaihven vak lo va, ka theihnghilh mai mai a ni; Thla hmasa thleng khan Mexican nula pakhat, chutah chuan sanitarium enkawltu chu kar thum chhung kan bulah a awm a, a sawi uar hle a ni." raw food.Chumi hnuah chuan dawhthei lo takin biak che a, lehkhabu order che ka tum a, mahse engtin nge i address ka hmuh theih ang?Mahse ni engemaw zat kalta khan mi pahnih kum nga chhung chaw raw ei tawhte chu kan hnenah an lo kal a, i ta chu min pe a address.He institute hi Gandhi-a din a ni a, a dam chhung kum hnuhnung berah kum sawm chhung zet chu ka thawk thei a, ka vannei hle.

NATURE CURE CENTER, Uruli- Kanchan ramah a awm a

Israel Vegan Society President, "Nature and" tih thupui chief editor a ni Hriselna" magazine:

"Bulletin i thawn avangin lawmthu ka sawi tak meuh meuh a ni. Kan hmuh theih nan kan bei a ni." hmang duh berte hnenah. Tun thleng hian i lehkhabu volume za chuang zet kan hralh tawh a; Mipui tam zawkin English an hriat lohna ram tenau takah chuan lehkhabu tam tak hralh hi hlawhtlinna ropui tak a ni tak zet a ni. Magazine "Nature and Health" (TEVA UBRIUT) cover ka rawn thawn a, chutah chuan kum ruk mi Anahit thlalak mawi tak pawh a inziak bawk. Tunah chuan kum sawm leh pahnih mi Anahit thlalak nen print tur article ka buatsaih mek a ni."

Jaacov Grabois, 10 Hateyna St. Nevey Oz chuan a rawn ti a. Israel ram a ni

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He doctor hi British Vegetarian Society president a ni a, a... London-ah practice a nei a, ka lehkhabu a chhiar zawh chuan a ni

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a ring tlat a, a damlote hnenah ka address a pe a, raw eating book chu a ziak bawk. A hnuaia lehkha hian hei hi a finfiah a ni:

"I lehkhabu raw food chungchang kha ka chhiar a. Dr. Lato chuan ka cancer enkawl nan raw food diet a rawn ziak a. Chuta tang chuan lehkhabu ka order theih nan i address min pe a. Dollar sawm chu mail hmangin ka rawn thawn ang a, khawngaihin lehkhabu pathum min rawn thawn dawn nia." leh bulletin paruk a awm bawk."

Mrs. Campbell Moodie, 31 Linden Garden, London, W. 2-ah a awm a

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Pi VERA STANLEY ALDER-i chuan:

"Dear glorious friend, i lehkhabu hi uluk takin vawi hnih ka chhiar a, chu chu ka hre ve bawk." he lehkhabu hian mihringte tan hun thar a rawn thlen dawn a ni. A tawpah chuan khawvelah hian general vibrancy a awm theih nan he lehkhabu hi mi mit hmuhah dah a ngai hle. Tun thlenga lehkhabu ka chhiar tawh nutritionist zawng zawng aiin thudik awlsam leh famkim hrethiam thei leh dik zawka sawifiah thei mi fing tak i ni.

Kum tam tak chhung chu mihringte hi rah chhuah thiam a nih thu leh hetiang hian khawvel buaina chinfel a nih ang a, rangkachak khawvel a siam ang tih hi mite hnenah ka lo sawi uar tawh a ni. I motto ("do't cook") hian a chhan, tehfung, moderation zawng zawng a ti bo vek a, order awlsam leh bulpui tak hmangin. Tun thlenga statistics leh a dangte sawiho tawhte chu i paih chhuak ang a, a aiah chuan mite hnenah hriselna leh hlimna tak tak i pe ang.

I thil hmuhchhuah hi electric i hmuhchhuah ang bawkin mi fing tak hnathawh a ni a, nangmah hrethiamtute pawh hi mi fing tak an ni mai thei.

I lehkhabu hmingthang turin a tul apiang ka ti ang; Tunah hian lehkhabu ka edit mek a, lehkhabu dang ka ziak a, lecture ka pe bawk. Heng thil tih tur hian ni a tawi lutuk. Tunah chuan khawvel dinhmun hi a buaithlak tawh hle a, mahse ka pasal nen hian kan infuih a, nang leh i hnathawh leh i hlawhtlinna chu he khawvelah hian a la awm reng tih hriatna lamah chuan. Kan hnaih hle tih hi lo pawm ve teh u.

Ka lehkhabu pakhat ka rawn thawn che u a ni. "Kum tam tak chhung chu vegan kan ni tawh a, zu kan in lo va, zu pawh kan in lo a, tunah chuan ka pasal nen hian i method kan hmang ta a ni."

«KHAWVEL UNION FELLOWSHIP» 8 First Avenue, London-ah a awm a.

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ESSENCE OF HEALTH» Hriselna leh Nunna Dan Tichhuaktu sang ber:

April 29, 1968 khan a lo piang a:

"I lehkhabu ka dawng. He lehkhabu hi a tha ka ti mai ni lovin, . mahse, ka ngaihtuahna, thiltih leh thuziak nen a inmil hle. Tunah chuan "ESSENCE OF HEALTH" tih magazine kan tichhuak ta. He magazine leh ka mimal lehkhabu tihchhuah bakah hian ramdang lehkhabu, mite kawng dik kawhhmuh thei thil zawrh ka duh a ni. Chumi atan chuan i lehkhabu hi ka lehkhabu zingah hian telh tur a ni tih a chiang a, chuvangin wholesale discount terms hi min hriattir dawn nia."

May 24, 1968 khan a lo piang a:

"Raw food book volume sawmnga man $82.5 check ka thawn che hi ka lawm hle. Lehkhabu print theihna tur dikna min pek duh chuan lawm takin kan pawm ang. A chhuah theihna tur hmanrua zawng zawng kan nei vek a ni.

Box 2821, Durban, South Africa-ah a awm a.

DAULAT RAM PUBLIC MISSION: THIL AWM DAN:

"He lehkha i dawn hian mak i ti hle ang; Min ring rawh, i lehkhabu i hmuh hnuah he institute board of directors member zawng zawngte hian a nghawng thuk mai ni lovin, ei tur raw hmang chauhvin mipui hi chhanchhuah theih a ni tih an ring tlat a ni." all diseases.Kan khawtlang hi charity organization a ni a, India ramah raw food movement kalpui kan tum a, English leh tualchhung tawng hmanga i lehkhabu print phalsak la, a hmasa berah copy sang sawm a thlawnin kan sem chhuak ang.Kan sem chhuak ang tin, Ministry of Health pawh biak theih nan an hmalaknaah he thu hi an ngaihtuah ve bawk ang.Damdawi inah pawh thudik finfiah kan tum ta a ni.

I philosophy hian mimal duhdan lamah a dodaltu a nei tih kan hria a, mahse India ang ram, mipui tam zawk rethei leh riltamna hmunah chuan ei tur raw hian hmun remchang a hmu ang a, mihring maktaduai tam tak a siam ang a, chu chu a rah chhuah angin chaw chhum leh tih dan leh nunphung dik lote chuan an tuar a, chhandam an ni. "Nakinah, i lehkhabu a nih hunah."

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tihchhuah a nih chuan a result a thleng a nih chuan i chhungte nen India rama lo kal la, i mit ngeia result en turin sawmna kan thawn ang."

Krishan Mohan chuan Vice Pres. 17- B, Asaf Ali Rd-ah a awm a. NewDelhi ah chuan

India embassy a\anga lehkha ka dawn hnu chuan he hnehna hi kan ram thuneitute hriattir leh turin ka rilru ka siam ta a ni. A hmasain MohamadReza Shah Pahlavi hnenah a hnuaia lehkha hi ka ziak a, Imperial Office-ah Persian, English leh Armenian lehkhabu volume khat ka attached a.

Lehkha chu:

"A tir lama ngaihtuah harsa mai thei thu lawmawm tak tak ka rawn keng tel thei hi ka chhuang hle a ni."

Kum sawmthum chhung zet ka thawhrimna, ka zirchianna, ka zirchianna leh ka thil tawn avang hian vawiinah hian natna zawng zawng thlentu chu chaw chhum, chemical leh thil thi dangte, miten an hriat loh vanga an taksaa an dah te ei avanga lo awm a ni tih finfiah a ni ta. Chu chu ka fa duh tak pahnih, pakhat chu kum sawm mi lek niin, pakhat chu kum sawm leh pali mi ka hloh khan ka ring tlat a, chu chu doctor lar tak takte'n damdawi "effective" leh ei tur "fortifying" an pek vang a ni. Armenian tawnga ka ziah lehkhabu chipchiar tak chu kum 1960 khan print-in tihchhuah a ni a, chutah chuan kum 1963-a ka Persian rampui hmeichhia/mipa te hriattirna atan hun eng emaw chen atan Persian tawngin pamphlet te tak te ka tichhuak a, chu copy chu chutih rual chuan ka hlan ve bawk. Lehkhabu sawi tak hi Mr. Pahlbod, Minister of Culture and Arts-a'n a lo hmuchhuak a ni. Min ko a, vawi tam tak kan inhmuhkhawm hnuah Dr.

Abbas Nafisi, Red Lion leh Sun-a Secretary General chuan a sawi. Pu Dr. Abbas Nafisi leh Khaje Nouri Maternity Hospital hotu Dr. Abolqasem Nafisi te chuan ka ngaihdan leh ngaihdan te chu an duh hle a, tanpuina leh thawhhona chi hrang hrang an tiam a; Chaw raw chungchanga chhui hmasakna atan Nemooneh Orphanage leh Number One Nursery leh Bahrami Children's Hospital te min hriattir a. Vanduaithlak takin chutah chuan harsatna engemaw zat ka tawk a, a chhan chu doctor leh hnathawk thenkhatte chu ngaihdan dik lo hlui atanga thliar hran a, an ngaihtuahna chu ngaihtuahna thar nena inhriatthiam tir a ngai a, chuvangin hna sawn a nih avangin ka thawhrimna chu rah chhuah nei lovin a awm a, hun engemaw chen chu ka zawn chu ka bansan ta a ni thil chu a ni. Dik tak chuan, ropui tak nen

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pawi ka ti hle a, a bîk takin an ei leh in dik lote nghawng ÿha lo tak chu ngun taka ka enfiah avângin.

A bul berah chuan institution tarlan administrator-te bakah doctor zawng zawngte chuan ei tur thiin nghawng a neih tak tak chu an ngaihven lo va, damlo zawng zawngte hnenah chaw chhum leh pawimawh lo chauh an pe a, restaurant ang chi, natna 100% thlentu a ni. Ka ram ngeia hlawhtlinna ka neih loh hnuah chuan ka ngaihdan chu ram dang scientist-te hnenah sawi chhuah ka tum ta a, chutiang chuan chutiang chuan ka ram chhunga ka ruahmanna tihhlawhtlinna tur evidence dik leh hnial theih loh ka hmu thei maithei a ni. Tunah chuan a hun a lo thleng ta a, shah leh mipui var revolution hmanga khawvel hnena i thil tum lantir tawhte hnena he thu pawimawh tak hi thlen hi ka mawhphurhna thianghlim takah ka hria .

Ka English lehkhabu hi kum 1963 khan print leh chhuah a ni a, hralh chhuah a ni tawh bawk. Tichuan, kum 1965 khan Armenian tawngin lehkhabu pahnihna ka tichhuak a, kum hnih hnuah chu lehkhabu chu English tawngin ka letling leh a, chuta tang chuan in hnenah ka thawn vek a ni. Heng lehkhabu volume sang sawm leh free leaflet maktaduai chanve vel zet chu ram dang politician-te hnenah, chanchinbu, institution, university, etc.-ah ka mimal sum leh pai hmangin ka thawn a. Kumin pawh hian mite hnena a thlawna pek theih turin Armenian tawngin pamphlet sang sawm ka print leh a. Chung thiltih rah chhuah chu tunlai khawvel ram hrang hrangah, a bikin America, India leh Armenia-ah te hian Raw-Vegan mi sang za chuang zet an awm a, a tam zawk chu doctor-te laka beidawng damlo an ni a, tunah chuan hrisêlna famkim neiin an nun an chhunzawm zêl a ni. An hnen atangin lawmthu sawina lehkha sang tam tak ka dawng thin. Vegan leh naturopathic doctor zawng zawng deuhthaw leh health institution hmasawn dangte chuan ka lehkhabu leh lehkhabu te chu an thehdarh a, raw veganism chungchangah advertisement zau tak tak an tan a Ka thuchhuah te chu an chanchinbuah an tichhuak a, raw veganism tan sanatorium an siam bawk. Mexico ramah chuan raw food orphanage din a ni. Ka lehkhabu hi Argentina ramah Spanish tawngin lehlin mek a ni a, Delhi-ah Hindi tawngin lehlin mek a ni a, tunah hian print mek a ni. BBC chuan ka lehkhabu chu TV-ah an hlan a, a then chu mipui hnenah an chhiarsak a; Europe, America, etc.-a philanthropic doctor-te chuan damlo "dam theih loh" te hnenah ka address an pe a, chhiar turin an rawt a ni

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raw-eating lehkhabu. Yerevan Academy-a biologist-te chuan thla tin magazine "Science & Technics"-ah ka ngaihdan hi an humhim a, an thlawp bawk.

Armenian tawnga ka lehkhabu lian tak chu kum sawm kalta a tihchhuah a nih avangin, the Yerevan-ah hian raw eater an pung nasa hle. Inlaichinna an siam a, raw eating hmangin party leh lawmna an buatsaih thin. Heng raw ei thinte zingah hian doctor tam tak hmuh tur an awm bawk a; Yerevan University-a nutrition department hotu leh professor chuan raw eating chungchangah lecture a buatsaih thin a, heng inkhawmnaah hian natna khirh tak laka chhanchhuah tawhte chuan an report an pe thin.

Entîr nân, hmeichhe doctor pakhat, paralysis vei leh a ni kum li chhung zet a che thei lo va, thla sawm leh pali chhung chaw raw ei hnuah a ding chhuak a, tunah chuan a hriselna a ÿha famkim tawh. Entirna ngaihnawm dang: ka chhungte zinga pakhat, tlangval kum sawmhnih leh pariat mi chu nerve chak lohna a nei a, a kut leh ke a ti che thei lo va Ka a thlawna thupekte chu a ngaihven lo va, Europe-ah vawi thum a zin a, rial maktaduai khat chuang a hmang a, a tawpah chuan Lausanne-a raw-eating book chu ka lehkhabu chhiar tawh leh thudik hre chiangtu neurologist lar tak hnen atangin a dawng ta a ni. Tehran-ah a kir leh ta a ni.

File kaihhnawih leh I.-ah hian document ang chi sang tam tak a awm a mi ruat apiang hnenah hlan turin ka inpeih reng a ni . A nihna takah chuan, tun hnaia ka hlawhtlinna ropui ber chu India sorkarin official-in ka lehkhabu hi a \angkai a ni tih a pawm a, chu chu chhuah chhuah a tum a, India mipuite hnenah lehkhabu thupek an zawm theih nan a chhiar tur rawtna a siam hi a ni . tin, natna, retheihna leh riltam lakah chhandam ni rawh se.

Vawiin hian a finfiah chiang hle a, ei leh in pumpelhtute chuan of cooked foods, poisonous drugs leh thil thi dangte chu natna zawng zawng, a rit emaw, a rit emaw pawh nise, heart attack, cancer, zunthlum, natna hrik kai, khawsik te a awm lo. etc te chu save a ni. Document awmsa hian damdawi in thar hawn a nih rualin damlo an pung zel tih a tilang chiang hle a; Damdawi in, damdawi dawr leh kitchen-te hi natna hri leng chhuahna bul a nih avangin; Chuvangin damdawi in thar sak a ngai lova, damdawi in te chu damlo awm lova awmtir a, a hnungzuia khar a nih theih nan dinhmun siam a ngai a, leh

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he dinhmun hi mi ei leh in tihdanglamnaah chauh a awm. Mi thenkhat ngaihdan nen inkalh takin hetiang hi tih a awlsam hle.

India sorkarin thutlukna a siam angin, a hmasa berah chuan hnam tan chaw raw lehkhabu chhiar tura rawtna siam a ngai a, pahnihnaah chuan chaw siam hi thil awm lo leh thil pawimawh lo tak a nih thu official-a puan a ngai a ni. Chaw thi, damdawi rimchhia leh chemical vitamin te advertisement dik lo leh dik lo taka puan chhuahnaah hian tawp chin a awm tur a ni. Loneitute zingah damdawi rimchhia sem ai chuan Health Corps officer-te hian thlai nung thenkhat atanga chin dan an zirtir thei a ni. leh buhfai hnah, chaw hrisel tui tak leh man tlawm tak tak buatsaih te, emaw, mi pakhatin buh nung rial hnih, date rial hnih leh thlai rial hnih hmanga a taksa a tihlim kim theih dan leh natna nei lova a nun theih dan te.
Press, radio leh television hmang hian ei leh in lama inthlak danglamna te, natural foods nung leh chak tak tak siam dan te chu hnam hnenah vaukhânna leh prescribe theih a ni a Damdawi inte chu zawi zawiin sanatorium-ah an chantir thei a; Nursery, orphanage leh hospital-a chaw pek dan chu zawi zawiin obligatory raw-vegan-ah a chang tur a ni. Chumi avang chuan miten heng sanatorium te hi an in lamah an sawn a, anmahni doctor an ni ta a ni. Rei lo teah damdawi in te chu damlo an awm tawh lo ang a, a hnu pakhatin khar a ni ang. Zuk leh hmuam chi hrang hrang, in tur, sa, sangha leh thil tha lo dang ei hi a tlahniam zauh zauh ang.

Almond, pistachio, dates, raisins leh chutiang ei tur hlu tak tak leh thei leh thlai dang tam tak chu ram dangah man tlawm berin an thawn chhuak a, hei hi tihtawp a ngai a, thawnchhuah engmah tih loh tur a ni. Chuvangin hetah hian ei tur chin chu kan mite ngeiin kan ei ang a, chuvang chuan mite nunphung a sang ang a, an rilru put hmang \ha lo pawh a tlahniam ang. Rukruk, dan bawhchhiatna leh forgery te chu a bo vek ang. Hei hi a tir lama thil theih loh anga lang chu kum tlemte chhungin kan ramah a tak takah a chang dawn a ni.

Sum leh pai duhtu leh zahngaihna nei lo doctor thenkhatte ngaihdan awmze nei lo, dik lo leh dik lo tak takte hi kan ngaihven tur a ni lo, a chhan chu an thusawi hmangin natna laka invenna damdawi te ber pawh an hmu thei lo mai ni lovin, an thiltih dik lo leh

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tihsual vangin heng natnate hi a darh nasa hle a ni. Heng sawihona zawng zawng chhanna hi hnathawh leh thiltih atanga lo chhuak chiang tak chauh a ni. Ka chhungkuaa result ka hmuh chu an tan a tawk lo a nih chuan, chutiang bawkin ram danga ei tur raw ei thinte zingah pawh a tawk lo a nih chuan, facility leh means tling ka dawng a nih chuan, ka thusawi dikzia chu thiltih hmanga finfiah leh finfiah turin ka inpeih reng a ni hun rei lote chhungin.

Ka ngenna chu English-a ka thawn che lehkhabu leh notice-te chu dawhthei takin chhiar rawh u."

"Retheihna leh natna laka mihringte chhandamtu ropui ber awmna hnenah:

Imperial Army-a officer pension tawh ka ni a, ka file-a Medical Council of the Army thutlukna angin kum 1344 (Persian solar *calendar)* khan thau lutuk avangin kum sawm leh pariat leh thla thum chhung experience neiin ka pension a ni natna khirh tak takte chu ruahman a ni. Ka thau lutuk enkawl tura hun engemaw chen ka chawlh hma khan ka thau lutuk, Kg 125 vel ka pung tawh a, slimming pill Metrical ang chi te min pe a, chu chu ka ei a, chuvang chuan ka rihna chu 150 Kg a tling a, a pung zel bawk. Hnathawh theihna thuneihna ka hloh vek thleng khan. Tichuan, vitamin, kebab leh ei tur dang min pek avangin Asthma pawh ka vei ta a ni. Min pension tura thutlukna siam a ni a, chu chu hamthatna nei lo, chu chu hlawh kim lo neia tih a ni. Hetih lai hian ka asthma hian min tihduhdah lai hian sipai hospital No. 502-a allergy department-ah min tir a, ka kutah injection chi sawm leh pariat min pe a, a hring chhuak apiangin i ni an ti a allergic to those things, of course they all swelled up, but two or three Petition a khar loh veleh an ngaihtuah a, i allergic a, kar khatah vawi thum injection i tih tur thu an sawi a Chuvang chuan heart asthma ka nei a, pill dang Valium, breast syrup leh damdawi tha tak tak ka pek avangin ka kal a tha lo a, ka pum a na hle bawk. Tichuan ka rihna chu 160 Kg atang khan a sang chho leh a, doctor-in a pek corten tablet chak tak tak ka ei avang leh chuan nitin ka thau chho zel a, Courtney obesity an tih chu ka nei a, stretcher-ah min tir leh ta a ni

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damdawi in vek ward-ah chatuan enkawl turin! Umbilical hernia surgery ka neih zawh chuan doctor chuan i pum chhungah penicillin unit maktaduai sawmthum ka paih chhuak tih min hrilh a; Tunah chuan he penicillin hmang hian thihna kawngkhar ka thleng tawh tih ka hrethiam ta. Hetih lai hian ka fanu naupang tak hian heart rheumatism a nei a, kum 18 a tlin thlengin kar tin penicillin (Penador) maktaduai khat (Penador) a inject a ngai a, a lehlamah chuan ka fapa naupang ke chu a sir atang chuan a hrual a, chutiang chuan a vei a ni -rachitis tia koh a ni. Ka nupui, retheihna leh kei leh ka fate natna tam tak tuar mek hian family support court-ah complaint a thehlut a, alimony a dil a, ka hlawh tlem avangin alimony ka pe thei lo a, ka then a, chu chu chhanchhuah tihna a ni he nun hrehawm tak atang hian. Naupang damlo leh nu leh pa nei lo panga bulah ka awm a. Nitin doctor-te hnena health insurance booklet kenga ka kal chuan lehkhabu tam tak chu a khat a, ka hlawh tam tak chu tlawhna, ECG leh laboratory fee ang chiah hian an tichhe vek a ni. Insurance franchise atan pawh ka hlawh thenkhat ka hloh dawn bawk.

Ka fate sikul lehkhabu enkawltu, ka dinhmun hrechiangtu chuan raw eating book min rawn rawt thleng khan. He lehkhabu hi phur takin ka chhiar a, a chhunga thu awmte chu ka pawm a, ka fate nen 100% raw vegan kan ei tan ta a ni. Ni engemaw zat chhungin ka asthma chu a lo thianghlim ta a; Tichuan ka fanu dinhmun chu a lo tha chho zauh zauh a, ka fapa te tak te ke chu a ding nghet a, ka tleirawl lai chu ka tan leh ta a. Thla ruk chhungin ka rihna chu Kg 160 vel atangin Kg 70 ah a tlahniam ta a ni. Hemi chhung hian raw tak tak ka ei hian naupang nunna leh tharna ka nei leh a, ei tur thihna thlen thei ka khawih ngai lovang tih ka intiam ta a ni. Vanduai atanga ka chhandamna hi i lehkhabuah hian ka bat a ni."

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Pu Akbar Tofangchi- No. 11, Khazaei Alley, Arabians veng, Naser Khosrow St, Tehran-a awm a ni.

He lehkha ziaktu hi Tehran Raw Vegans-a lo kal nula a ni club-ah nitin a hnathawh zawhah min pui thin a, club-ah min pui thin a, a chang chuan club hnathawh atanga video thenkhat pawh a la thin:

"Raw veganism hmanga cancer ka hneh dan:

Rei lo teah raw ka nih kum hnihna ka lawm dawn a ni. Kum hnih kalta chauh khan ka cancer natna a zual zel lai khan ka nun tidanglam vek thei raw food book ka hmu a. Dik tak chuan he lehkhabu hian ka nunna a chhanhim a ni.

2533/2/21 *(Persian imperial calendar)* khan ka hnute dinglamah thil mak tak mai ka nei a. Tlemin ka lungawi lo deuh a, Doctor hnenah ka kal a, mahse X-ray-ah chuan thil danglam bik a lang lo. Thla hnih hnuah chuan natna chu a intan a, rei lo teah a zual sauh sauh a. Doctor-te enkawl tura tlawh an tan ta a ni.

Ni 2533/6/25 khan ka phalnain surgery an nei a; Ka hriatchhuah leh chuan ka hnute dinglam chu a bo tawh tih ka hmu a, ka kut dinglam chu a bengchheng hle tih ka hmuchhuak.

Ka mood hi a danglam vak lo a, ni 2535/1/5 khan ka ke veilam a na a, doctor engemaw zat ka pan a, thlalak eng emaw zat ka lak hnuah ruh cancer an hmuchhuak a, an order a

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lu atanga ke thlenga osteotomy tih computer hmanga report a ni. take Natna a zual zel loh nan surgery dangah chuan ka uterus leh ovaries te pawh an la chhuak bawk. Ni sawmli a liam ta... Doctor-te chuan damdawi inah ka awm leh tur thu an sawi a. Ram pawnah kal a, chutah chuan enkawlna chhunzawm zel ka tum ta a ni. Israel ramah ka kal a; Ka hnute dinglam an lakchhuah hnu chuan thla thum danah ka lung leh thin thlalak an la thin. Ka taksaah radiation tam tak a rawn lut a. Session sawmli chhung cobalt hmangin min enkawl a, session tinah chuan a sir khatah minute thum chhung cobalt an dah a, a sir lehlamah minute thum an dah bawk.

Israel ramah chuan thlalak leh X-ray an la leh a, kum tam tak kalta a ka operation tawh ka goitre thlalak an la leh a.

A tawpah chuan ka doctor chuan a kalphung zawng zawng min hrilhfiah a, "I rilru an la chhuak tlai a, he natna hian taksa peng thum, lung, thin leh ruh te a rawn bei a; Ruh cancer hmasawn tak i nei a. I femur lu chu a lo thim em em a ni," a ti a chu chu engtin nge thlawhna chair-a thut lai khan a chhe lo tih ka ngaihtuah thin?"

Israel ramah chuan cobalt session sawm leh panga an pe a. Suitcase khata thlalak, lehkha, damdawi leh instruction te nen Tehran-ah ka kir leh a. Tehran-ah kar khat chhung chemotherapy ka nei a, zing dar sarih atanga chawhnu dar hnih thleng khan ka lu-ah chi an dah a. Hormone an tihtawp avangin ka taksa rih zawng chu kilo sawmruk leh pariat a\angin kilo sawmriat leh pathum ah a pung ta a ni. Ka sam a tla chhuak ang a, hmul leh hmul ka sei ang tih pawh an lo sawi lawk tawh bawk. Ni khat chu capsule ka ei duh laiin, brochure ka chhiar chuan, he damdawi hian rah tha lo vawi sawm leh pahnih thleng a nei a, thihna pawh a thlen thei tih ziak a ni tih ka hmu a Mahse ka la dam avangin keimah leh keimah leh keimah leh keimah leh keimah leh keimah leh keimah in thinrim chu bansan ka tum ta a ni.

Thla sawm hnuah chuan ka nunah inthlak danglamna pawimawh ber chu a lo thleng ta a. Ka thiante zinga pakhat, amah ngei pawh paralyze tawh chuan thla khat chhung raw vegan a kal hnuah a rilru a hahdam hle tih min hrilh chuan kei pawhin raw vegan nih ka tum ta a ni. A tuk zingah chuan taksa damlo leh beidawng tak nen raw vegans club-ah an nutrition method zir turin ka kal a. Ni engemaw zat chu a chanve raw leh a chanve cooked ka ei a, ka fuih zual sauh a, a tawpah chuan ka lo ni ta a ni

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absolute raw ei thin. Thla khatna raw ei avang hian ka taksaah thilmak a thleng ta a ni. Ka mitmeng sam, a tla vek tawh chu a lo thang leh ta a; Kal chakna ka nei tam zawk a, ka mit a tha a, ka harh thar leh ta niin ka hria. Ni khat chu central insurance office-a marble floor-a stairs aÿangin ka tlu a; Ka paralyze dawn niin ka hria. Chu thla hnih chhunga chaw raw ka ei lai chuan ka taksaah danglamna tam tak a awm a, ka pelvis leh ke thlalak an lak leh chuan doctor chuan: "I ruh hi ka ruh aiin a hrisel zawk a ni," a ti a. Ka taksaah chuan chutiang hliam thuk tak takte hnuhma a awm lo. Document leh thlalak zawng zawng chu raw food hma leh ei zawhah ka dah vek tawh. Vawiin hian kum hnih chhung raw veganism ka hman hnuah ka danglam vek tawh. Hemi hun chhung hian damdawi e Ka kut dinglam, operation hnua a hring vek tawh chu a pangngaiin a awm leh ta. Ka taksa, chemotherapy hnua vun hnuaia pimples khat leh natna nasa tak nei chu a dam leh a, pimples chu a bo ta. Hemi chhung hian kilo sawmhnih zet ka hloh a. Tunah chuan ni khatah darkar riat hna ka thawk a, ka hun awl neihah pawh ka thawkrim hle. He nun tharah hian hlim tak leh hrisel taka hun hman ka beisei."

Maryam Neshan BarJan, July 25, 1931 - Tehran-a piang

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Heng leh khawvel hmun hrang hranga hnam hrang hrang raw-eater-te hnen atanga lehkha dang sâng tam tak dawnte hian ruihhlo leh chaw chhum hman tawh lohna damlote chu natna chi hrang hrang vawi khat atan an dam nghal a, an dam nghal vek tih a finfiah a ni.

Armenia khawpui Yerevan-a chanchinbu "AVANGUARD" tihchhuah chuan a issue pakhat (1964, No. 98)-ah heti hian a ziak a: "Engineer, musician leh painter engemaw zat, an vai hian mi thiam tak takte chu raw-eater an lo ni ta a ni. An hlim leh hrisel em avangin an thawkrim lo va, an thinlung na tak pawh an hre lo tih an tiam che a ni."

Moscow journal "SCIENCE AND LIFE" tih chuan a inpuang a a March, 1965 issue-ah chuan a chhiartute zingah raw-eater tam tak an awm tih a sawi a, natna hrang hrang atanga dam tawh leh an dam leh dan kimchang editor-te hriattir tawh an ni.

Chutiang dinhmunah chuan biologist leh mawhphurtu thuneitu dangte'n raw-eating principle kalpui tura hmalakna nasa tak an neih loh chhan hi hriatthiam theih a ni lo. Mihringte natna laka chhuah zalen leh mi zawng zawng nun hlim tak an neih theihna tura an thil tum hnuhnung ber thlen theihna tur kawng an hmuh tawh lai hian engvangin nge an hreh? An duh chuan thla hnih chhungin damlo zawng zawng an tidam thei a, an damlote damdawi in an khar thei bawk. He thil tum hi hlen chhuah an duh leh duh loh zawh hi mi ropui zawng zawngte mawhphurhna a ni.

Khawvel pum hnenah hian TUN AH HIAN DAMDAWI THIL THAWH THIL THIL THAWN THIN LEH CHAI THAWN THAWN THIL THAWN THAWN HI MIHRING LAA THIL TIH LO THIL AWM LO BER ANGA NGAIH TUR A NI ANG, CHUTIANG THIL TI THIN THIL THIL TIH LO TAK BER ANGA NGAIH TUR A NI ANG tih hi zahawm takin ka puang a ni MIHRING NATNA ENGKIM THAWH THIN.

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Kum 7 mi, ui dum mawi tak, Jackie hi a dam tirh atang khan raw vegan angin kan bulah a awm a.

Tunah chuan sa ei hi midang tan pawh thil awm lo a ni tih awlsam takin a finfiah tawh a ni rannung te, sa ei tak tak pawh kan nei lo. Jackie hian kan pian tirh atangin kan ei leh in hi a lo thiam tawh a. A chaw tam zawk hi buhfai, date, raisins, pistachio, salad leh thei chi hrang hrang a ni a, heng zawng zawng hi live (raw) form-ah a awm vek a, a chhan chu kan in chhungah hian chaw thi gram khat pawh a awm lo. He ui hian duhthusam takin onion leh radish pawh a ei thin. Khawpui pawna kan hruai chhuah hian ramhnuaiah beram no ang maiin a ran vulh thin. Ui dang nena khaikhin chuan he ui hi a hrisel hle a, a thar a, chakna a khat bawk. Sakeibaknei, sakeibaknei leh sakeibaknei fate hi he ui ang chi thlai ei hi kan zirtir duh chuan thlah engemaw zat hnuah chuan an tharum thawhna chu an kalsan vek ang a, an rilru a hahdam ang a, bawng ang chi rannung dang nen pawh an khawsa dun thei tawh ang. Mahse a lehlamah chuan bawngte hi sa ei thiam kan nei thei ngai lo.

Eng nge pumpelh tur?

Sulfur emaw tui hrual emaw hmanga siam chhuah thei rah hring emaw, chemical dang nena ei loh tur a ni, a chhan chu ei tur tha a nei lo va, thil rimchhia mai a nih avangin rulhut pawhin an hnaih lo. Chu olive oil, chemical hmanga filter tawh, a pianphung rawng leh rim leh thlum nei lo chu i ei tur a ni lo

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leh a nutritional value pawh a hloh tawh bawk. Salted olives, pickled cucumber leh pickles chi emaw vinegar emaw nena siam te hi ei tur nung leh natural anga ngaih a ni lo. Tin, vinegar, wine leh chutiang ei tur, a bul leh a pianphung atanga lo kir lehte chuan ei leh in lama hlutna an nei lo. Chi pawh hi a lumna leh a tichhe thei zawnga siam a ni a, chubakah taksain chi a mamawh chu thei leh thlaiah a awm bawk. Thei leh thlai silfai nan permanganate emaw, natna hrik dang emaw hmang suh.

Room lum, thawmhnaw lum leh boruak bawlhhlawh chu pumpelh tur a ni. Sahbawn leh shampoo hmang suh, vun leh taksa tana pawi thei chemical a awm a; A hma thei ang berah inbual la.

Raw vegans te hian unnatural, cooked, meaty leh fatty foods to tuihal nasa takin awm rawh; Tui lum hmanga tihmit tur hian calorie hlutna a ei lo va, a hmun chu tuiin a luah khat turin a thawk chhuak lo. Tin, natural foods hian tui a keng tel bawk. Nature hian natural foods a siam chhuak a, chu chu thlasik laiin tui a khat a, thlasik laiin tui a tlem bawk. Raw eater chuan a tuihal chuan cucumber emaw tomato emaw, thei tui no khat emaw, tuikhuah tui thianghlim emaw ei hian a tuihalna a ti reh thin. Chumi atan leh compote etc.-a tui dah belh tur chuan thil nung tin hian nitin tuikhuah tui glass khat emaw, glass hnih emaw buatsaih tur a ni. Principle-ah chuan nung ei mi chuan a taksaah chemical emaw, toxic emaw engmah a luh tir tur a ni lo va, a tlem hle pawh ni se; tap tui a in loh tur thu a ni. He tui hian chlorine leh fluoride a nei a, eng anga tlem pawh nise, microbes thah theihna a neih avangin mihring taksa cell te pawh a tichhe thei bawk. Mihring cell te pawh hi microbes ang maia sensitive an ni a, rang takin poison an pe bawk a, an hlawhchham bawk a, khawvel hmun hrang hrangah he thil dik lo chungchangah hian sawiselna nasa tak a awm a ni. Mi thenkhat chuan he poisoning hi an ngaihthah a, he tap tui hi an la a, chemical leh poison thar engemaw zat an dah a, rawng hrang hrang an siam a, non-alcoholic drinks an ti thin.
Thla khatah vawi khat chu kan bula awm Tehran khawpui Vanak tuikhuah atanga tui jug tlemte kan rawn keng a, kan hmang thin. Tuikhuah tui leh tap tui thlum leh rim hi a danglamna lian tak a ni.

Spray leh chemical fertilizer hi tunlai mi "civilized" te thiltih fing lo tak pakhat a ni. Mi duhâmte chuan leilung hi an rulhut a ni

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chemical fertilizer leh artificial-a thil siam zat tihpun a, chu ai chuan a quality tihhniam zawk; thei leh thlai te chu a puitlin hunah an spray a, mi hnenah an hralh nghal bawk. Nakinah chuan he spray siamchhuaktu doctor ngei pawh hian a hnathawh rah tha lo tak chu a hmu a, tihtawp ai chuan thei leh thlai ei a khap ta zawk a ni.

Tunah chuan hetiang dinhmun hi a lo awm tawh a, miten a chhiatna chu an hmang lo tur a ni of spraying chu chhanna atan leh thei leh thlai chi hrang hrang siam a ni. A chhan chu spray hian thil siam hlutna chu entirnan 10% in a tichhe a nih chuan, chaw siam hian a hlutna chu 100% in a tichhe a, chutih rual chuan spray aiin ei tur thi ah poison a siam tam zawk daih a ni. Mite chuan heng ei tur rimchhia te hi uluk takin silfai tur a ni a, chutih rual chuan he mihring nihna zah lohna hi dodal tur a ni. Tunah chuan khawvel hmun hrang hrang atangin mi aw a ri chhuak ta. Association an din a, magazine an print a, chemical fertilizer leh pesticide tel lova ei tur siam chhuah mipuite chawm turin dawr leh sanatorium leh boarding house bik an hawng bawk. Ka hnam dang zuitu thenkhatte chuan, mimal huan nei turin ram an lei a, chemical fertilizer tel lovin an thei leh thlai mamawh phuhrukin zalenna tak tak nen an khawsa thin.

Adventure of the Tehran RawVegans Association Ka lehkhabu hi

French, German, Spanish leh Arabic tawnga lehlin leh tihchhuah ka tum a, chubakah lehkhabu ngaihnawm tak tak atanga lehkhabu siam leh khawvel pum huapa ka hnathawhna tihpun ka tum a, mahse ka thiante leh raw foodist te chuan Tehran-ah club din an tum tlat a ni . Founder thenkhat nen kan inkarah sum kan khawn khawm a, charter kan buatsaih a, hna kan thawk tan ta a ni. Ka in hnuai lama ka room lian pahnih tui, electric leh telephone awmna chu club hnenah a thlawnin ka pe a, kum hnih leh a chanve chhung chu club leh raw vegan restaurant enkawlnaah ka hmang a ni. Ka philosophy leh kan khawtlang danpui chunga rinawm member ka khawm a, an thawkrim a, an pui a, inhmangaih tawnna an buatsaih a, raw ei atanga an result an sawi a, thilpek an khawn khawm a, chhungkaw lian tak ang maiin an fiamthu a, he thilah hian way member 900 vel kan khawm a.

He pawl din a nih atanga kum khat hnuah Mr. Javad Ramezani, . damlo na tak leh doctor-te'n a pum an tansak tawh leh

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duodenum leh a pum chhungah inthlak danglamna a siam a, a thih laiin club-ah a lo kal a (a sawi dan chuan) member a ni ta a, raw eater a ni a, thihna lakah a chhanchhuak ta a ni. Khawtlang thiltih hrang hrang a ngaihven em em a, board of directors member atan thlan a ni. Vanduaithlak takin raw veganism philosophy thuk leh awlsam tak chu a hrethiam thei ngai lo. A chang chuan: "Ka ngaihtuahna hian Aterhov rilru a la thleng lo a, ni khat chu chutah chuan a thleng mai thei," a ti ÿhin. Kum tam tak chhung chu heng ni te hi ka lo nghak tawh a, mahse a hlawhtling lo. Mr. Ramezani chuan, "Aterhov hian doctor leh medical science te chu a bei tur a ni lo va, an thiltih dik lo chu a dem tur a ni lo," a ti. Mahse he ngaihdan hi ka nei lo va, mi hnenah thudik sawi ka duh a ni.

Club thiltih dan a lo hlawhtling deuh deuh chuan ka in chhawng khatna chu ka hrufai a, broker-te in luah man hmun thuma ÿhena hmun khat chu a hmaa room awmte chu ka belhchhah a, club hnenah ka pe ta a (in chanve chu ka ta a ni nupui.Ka half atang hian rent ka hmu lo). Ka sum senso hmangin kawngpuiah kawngkhar bik ka hawng a, thil dahna tur cubic metre 30-a zau basement ka siam a, khawtlang mipuiten inkhawm mumal tak an nei lo va, member active thenkhat zingah board of directors kan ruat a, a inthlau hle bawk Mr. Ramezani hnena a ngaihdan dik lo a nihzia finfiah turin, amah ngeiin board chu a thlang turin ka phalsak a ni. A thlang a, Dr. Mohammad Kaar (Tehran Medical University-a Professor) chu Board of Directors Chairman atan a hmang a ni. He doctor hian "Raw Vegetarianism" tih lehkhabu a ziak a, laboratory formula awmze nei lo leh awmze nei lo tak tak nen a khat a, thusawi hlu lo tak tak hmangin mipui hun a khawhral a ni. Rei lo teah club chhungah buaina a siam a, club constitution Article 29 angin member atanga kan hnawhchhuah a ngai ta a ni. A ngaihdan inang thenkhat nen an kal a, investment a siam a, Ministers St-ah "Scientific Raw Vegetarianism" tih club a hawng a, mi pakhatin toman sang 40 emaw sang 50 emaw an hloh a, a khar a, mi thenkhat pawhin an hnathawh an inchhir a, kan club hi an zawm leh ta a ni. Pu Ramezani hian a thiltih dik lo atang hian zir tur a nei lo va, a lehlamah chuan doctor pakhat aiah doctor dang pahnih pathum chu club chhungah thu sawi turin a hruai lut ta zawk a ni.

Kum tam tak kalta a Raw-Eating bu-a ka thu ka ziah kha pawm ta se, tun hnaia thi tam zawk hi tunah chuan an la dam tawh ang. Entirnan, damdawi lam kalphung hotu Dr. Iqbal-a chuan .

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hrem ka nih theih nan court-ah min hlan a, mahse amah ngei pawh nun tak takah hrem a ni a, a thi ta a ni. Vanneihthlak takin court chuan medical system-a complaint chu a bulpui nei lo tiin a hnawl a, ka duh zawngin thutlukna a siam ta a ni. Medical system chuan medical "science" ka tibuai niin an sawi a mahse whit them tih tur ka nei lo, natures kawng ka entir mai a, he kawng dik hian mi a ti hrisel ang a, a tidam ang a, chuvang chuan, the income way of doctors chu block a ni a, mahse sumdawng tumahin a sum siamna sumdawnna chu tihchhiat an duh lo! "Raw-Eating" tih lehkhabuah hian raw food philosophy hrilhfiah a ni a, he lehkhabu kaihhruaina hnuaiah hian raw vegans society a lo piang a, medical science dik lohna leh a chhiatna finfiahna tur thil bulpui thenkhat tarlan a ni.

He association leh club flow hi ka rinchhan nasa hle a, a chhan chu ka neih vang a ni kum ruk chhung zet ka hun zawng zawng ka khawhral dan te, khawvel pum huapa thiltih atanga ka inthiarfihlim dan te, ka thawkrim dan te leh sum ka hman dan te finfiah nan, mahse heng ka thawhrimna zawng zawng hi a bo vek a ni, a chhan chu mi bum hmang tlemte, khawtlang, club leh restaurant chu a thil neih zawng zawng nen an la vek a ni leh furniture te chu keimah leh khawtlang mi tak takte hnen atangin ka pe a, dodaltute kutah ka hlan bawk. Pu Javad Ramezani, sumdawng hausa, nunrawng leh sum ngainatna nei tak; Raw veganism philosophy awlsam leh tha tak awmzia thuk tak chu a hrethiam thei lo va, ka ngaihdan kalh takin, science hmangin a tumna hmun chu a thleng thuai dawn niin a ngai a. A ngaihdan a ring em em a, mahni inrintawkna a nei em em bawk a, chuvang chuan club atanga min hnawhchhuahna tur thil tih a tum a, ka hmunah a insiam a, a scientific philosophy chu nature dan aiah a insiam ta a ni. Raw eating book aiah Dr. Majdi-a "Eat leh mawi rawh" tih lehkhabu an dah a, doctor-te puihnain club chu an luah ta a ni. He thil tum hlauhawm tak tihlawhtling tur hian dan bawhchhiatna, dan bawhchhiatna, dawt sawi, vau, nawr luih, staging, etc. za tam tak a hmang a ngai a, a hmasain MohammadReza Mahtabi leh Manouchehr Safarzadeh (board of directors member pahnih) te chu a hnen atanga lak bo tir a tum a ni .

Kum 28 mi agricultural engineer Mr. Mahtabi, chaw raw ei avanga kal natna khirh tak atanga damchhuak chuan thla engemaw zat chhung chu club siamthat hna a thawk a ni. Tlangval thiam tak a ni a, chhuanawm takin club wiring, plumbing, painting leh carpentry zawng zawng chu a puihnain a ti vek a ni

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Pu Safarzadeh chuan a rawn ti a. Tichuan thla ruk chhung chu club leh restaurant pumpui a enkawl ta a ni. Raw salad siam dan a zir chiang a, lehkhabu pakhat, "Raw vegan foods, the only human food" tih chu a ziak a ni. Pu Mahtabi-a chuan society tan agricultural company din a duh a, mahse a ruahmanna chu ram dik tak hmuh a nih loh avangin tihfel lohvin a awm ta a; Pu Mahtabi hi a hausa vak lova, club enkawl turin hlawh tlemte pein kan vawng reng a nih chuan kan club hi hetiang dinhmun hrehawm takah hian kan ding lo ang, mahse Mr. Ramezani hi an tihbuai em avangin min tlanchhiatsan ta a ni tin, a ÿhiante hnenah: "Ka kal ang a, chaw chhum ka ei ang a, ka thi ang," a ti bawk. Tin, ani pawhin chutiang bawk chuan a ti ve bawk. Khorramshahr-ah a kal a, Keshavarzi bank-ah hna a hmu a, in, a thiante leh mipui a\angin a insawn a, amah chauhin a awm a, chaw a siam a, chuvang chuan a kal natna a lo lang leh a, a thi ta a ni.

Mr. Manouchehr Saffarzadeh hian club tan nasa takin hna a thawk a, a pui bawk a, mahse raw veganism philosophy thuk tak chu a hrethiam ber a, a humhim reng avangin Mr. Ramezani hian hmelma anga a en vang a ni, hetiang hian. Board chu an darh ta a. Pu Safarzadeh chu Shiraz-ah a kal a, Pu Abulfazl Sadarat chu Jahrom-ah a kal a, Mr.
Ramezani leh Mr. Kayhani an awm a, Pu Abulfazl Kayhani hi mi pawimawh a ni lova, Pu Ramezani leh a thian rinawm tak chhungte a ni.
Hetih lai vel hian ram pawnah vawi thum emaw vawi li emaw ka zin a, raw vegans te hian khawvel hmun hrang hrangah min sawm a, min hmu duh a, a chang chuan hmu turin ka kal thin. Hetiang dinhmunah hian Mr. Ramezani chuan fieled chu a hring vek tih a hmu a, a dictatorship chu a tan ta a ni. Engkim lo thlir lawk tawh leh chutiang dan bawhchhiatna venna atana ka thuneihna tichaktu jurist tawnhriat ngah tak takte siam danpui kan nei a Mahse Mr. Ramezani hian dan a hre lo. A tan chuan a duhzawng chu dan a ni.

Article 18, 21, leh 29 ang chuan Pu Ramezani leh Pu.
Kayhani te chu dan anga khawtlang atanga hnawhchhuah an ni a, ka chunga thil an tih apiang chu dan bawhchhiatna leh nawr luihna a ni. Ka duh chuan a hun takah ka thuneihna hi ka hmang thei a, ka paih chhuak thei a, association enkawl hna pawh ka la thei a, mahse mak tak maiin Mr. Ramezani hi a rilru chak leh chak tak avang hian ngaihven bik ka nei a, a bik takin a thawkrim hle tih leh pawl a puih thu a sawi bawk. A huanah seminar a buatsaih tawh a.
Amah chu tihthinrim ka duh lo; A tihsual pawm a, kan hnena a rawn let leh hun chu ka nghak reng a.

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Medical science a pawm avangin min nuihzat a, mi fingah a inngai pawh a ni mai thei, mahse kei chuan ka pawm lo. Ani chuan: "Mi pakhat chuan indona atan hmanraw leh ruahmanna chi hrang hrang a hmang tur a ni," a ti. Pu Ramezani chuan a thiante leh a classmate pakhat, Mr. Mostaan chu lehkhabu enkawltu atan a ruat a, chu chuan restaurant, office leh membership hralhna atanga sum a hmuh zawng zawng chu bank-ah a la vek a, Mr. Ramezani-a mimal account-ah a theh lut vek a ni. He pawisa hi Mr. Ramezani hian eng nge a tih? Tuman an hre lo va, tumah an chhang lo bawk. Pu Ramezani chuan seal a siam tawh a; Pathianni leh Inrinniah dar 16:00 atanga 20:00 thleng leh Nilainiah dar 13:00 atanga 15:00 thleng lecture leh damlote chu a thlawna doctor leh nutritionist ten an endik thin a ni. He seal hi ka sum senso hmanga ka print tawh leaflet-ah hian a dah a, a chhan chu Mr. Ramezani hian advertisement-ah sum a hmang lo. Medical system chuan damdawi lam hnaah ka inrawlh tih min complain a, tunah chuan Mr. Ramezani hian hetiang

Club-ah hian hun engemaw chen chu acupuncture an thawk tan a; Hmeichhia, naupang, tar leh naupang, milem ngawi reng ang maia beng, hnar, hmui, hmai, kut leh khup ah needle thun chungin bang bulah an thu! Natna chu zungbun atanga zuang chhuakin a chhanchhuah hun an nghak reng a ni!
Mi chaw siam tawhte hriat lohna hian eng ang scene hlimawm tak nge a siam loh? Dr. Nawab hian club speaker kaltlangin thu a sawi a, Hovannessian ngaihdan a pawm loh thu a puang. A tha khawp mai, Mr. Nawab, ka philosophy hi i pawm loh chuan he club-ah hian eng nge i tih? Khawvelah hian raw veganism philosophy dodaltu mi maktaduai tam tak an awm a, kan club-ah hian lut a, kan dodal zawnga thusawi theihna an nei vek em? Member-te hriattirna atana heng thil thlengte chungchanga hriattirna ka tihchhuah khan hei hian Mr. Ramezani a tithinur hle a; Yard kawngka khar chu a thlak a, chu chu keimah ngeiin ka shovel a, pangpar ka phun a, huan tui pe turin huan chhungah ka lut thei lo va; Ka office kawngkhar chu a inkhar a, hallway atang chuan ka office luhna kawngkhar thar ka hawn a ngai ta a ni. Corridor atanga club luhna kawngkhar pawh hnunglam atanga khar a ni bawk.

Board of directors thar thlan hun a ni ta. Pu Ramezani chuan a zawt a mi thenkhat chuan sawmnate buatsaih turin. Sawmnate chu ziakin envelope-ah dah a ni. Pu Ramezani chuan heng envelope te hi a inah stamp leh post turin a hruai a, mahse pakhat mah post a ni lo va, chuvang chuan pakhat mah a post lo

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kohhran member zingah chuan board of directors thar thlan chungchang chu an hre chiang hle. Heng ni chhung hian Mr. Ramezani chuan member-te document zawng zawng a khawlkhawm a, a in lamah a hruai vek tawh a ni. Mr. Mostaan-a chu tumah member atan pawm lo turin thu a lo pe tawh a ni. Hei hi thil sual lian tak a ni. Mi pakhatin Mr. Ramezani hnenah mi fel tak pakhatin member nih a duh thu a zawt a, engvangin nge i pawm loh? Tin, ani chuan: "A hmel hi ka duh lo," tiin a chhang a. Khawvela dictator tumahin hetiang chhanna zah lo tak hi an pe duh lo. A inah chuan Mr. Ramezani chuan a thiante, a hmelhriat te, a thenawmte, a chhungte leh mi dangte chu inkhawmpuiah a sawm a, club chhunga an luh theih nan leh inthlan ni-a vote an thlak theih nan membership card pakhat theuh a pe a.

Inthlan ni ruatah chuan Mr. Ramezani chu club chhungah a lut a raw eating pretender lem pawl khat leh constitution thar thuziak nen, hming thar nen, center thar nen leh philosophy thar nen, chu chu Mr. Ramezani-a'n a inah *vote "thuruk"* pakhat chauh hmangin a pass a ni. Doctor leh midang pawl pakhat, amah ngeiin vote "thuruk" hmanga a thlan chu a inhmelhriattir a, "Tu pawhin a remti chuan a kut phar rawh," a ti. Mercenary engemaw zatin mak ti takin kut an phar a, Mr.
Ramezani chuan, "A pawm a ni," tiin a puang. Club member tak tak eng emaw zatin, nawrh an huaihawt. Ka in a\angin club chhungah ka lut a, Pu Ramezani hi khawtlang member a nih loh hun rei tak a nih avangin vote thlak theihna leh duhthlanna leh thlan theihna a nei lo tih ka puang a. He inthlanna hi dan kalh leh lem a ni. Pu Ramezani hian tun inthlanna hi a register a, he pawl thar hi kan pawl nen a inzawm loh avangin kan nawrh huaihawt lo. Hei hi khawtlang thar hming thar nei, tum thar nei, hmun thar nei, danpui thar nei, lehkhabu thar nei, dintu leh secretary thar nei a ni. Mi tinin mahni tana thil tum thlangin, a chhehvela ngaihdan inang mi tlemte khawm a, society din a, register-in kan zalen a; Mahse, history-ah chuan dan loa pawl pakhatin a dodaltu mipui zingah a lut a, mahni tan inthlanna lem a buatsaih a, khawtlang dintu berte chu a paih chhuak a, a tir lama mipuite thil neih zawng zawng a la vek tih hi hmuh tur a awm lo. Hei hi hmêlmain khawpui an hual a nih chuan khawpuia cheng mi tlemte chuan kawngkhar hawn a, khawpui chu hmêlma kutah an hlan ang mai a ni. Raw eating society hian doctor-te thiltih dik lo hi an dodal a ni. Constitution Article 17-ah chuan: "A true raw vegan never."

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a damlo a, damdawi lam enkawlna leh tih dan tur a mamawh lo." Accident leh crash chungchangah chuan raw vegan surgeon te kan zirtir a, antibiotics tel lo, serum tel lo leh rannung protein tel lovin an zai ang.

Anni chuan "engvangin nge heng doctor raw tak tak te hi in inrem loh" tiin min hrilh thin eaters leh raw food chungchang an sawi?"

Dr. Rashti (board member thar zinga mi) hmel leh hmel atang chuan raw vegan a ni lo tih hriat theih a ni. Heng doctor te hian raw food club hi advertisement hmunpuiah an siam a, hmingthanna an neih theih nan an office atan customer an ko khawm thin. Dr. Nawab hi board of directors chairman a ni ta a, a president nihna hi eng nge ni dawn? Kar khatah darkar khat chhung protein leh vitamin chungchang a sawi mai mai a, chu chu a ni em? President hian club affairs a kaihruai tur a ni.

Engtin nge Dr. Majdi, Dr. Nawab, Dr. Rashti leh board dangte chu ka ngaihtuah thin Mr. Ramezani-a thlan member-te chu eng ang pawhin ka philosophy dodal mah se, engtin nge he inthlanna lem takah hian he staging zahthlak tak hmang hian tel ve an remti a, associayion dintu leh permanent secretary Hovannessian-a chu an paih chhuak? A dintute an thlak a, kum ruk chhung zet ka din leh ka enkawl club chu ka kut atangin an la chhuak a, a hmanrua leh hmanraw zawng zawng nen chak takin an la ta a ni. Kan pawl hian "scientific" lecture a mamawh lo. Nature thupek kan pawm hian *"thil siam ei suh, rannung ei suh, i duh ang zat leh i duh ang zat vegan ei tur raw ei rawh" tih hi kan pawm hian.* Thil dang hriat kan ngai lo.

Mr. Ramezani hian scientist angin a inngaihtuah a. Raw eitute'n min hual a, zawhna an zawh chuan Mr. Ramezani chu inbiaknaah a lut a, glucose leh glucogen chungchang a sawi a. Ni khat chu an inhnial lai chuan Mr. Kayhani chuan min rawn chham tan ta a. A kut a phar a, vawi nga emaw vawi ruk emaw a au chhuak a: "Armenian, Armenian, Armenian." Armenian hi chibai bukna chi khat ang maiin! Armenian ka nih hi ka chhuang a, Aryan ka nih hi ka chhuang a, Persia rama ka awm hi ka chhuang bawk. Armenia mite hi Persia ram mipuite'n an tihduhdah ngai lo va, an zahna pawh an hlim reng a ni. Hnam inkara inhuatna siam hi thil pawi ber pakhat a ni. Chutiang bawkin pakhat pawh a thleng ve

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ni khat chu board meeting neih laiin, inhnialna an neih laiin, Dr. Kaar chuan rei vak lo chhung chu a rilru a hahdam lo va, ka nunah kawngpuiah mi kâ aÿanga ka hriat chauh thu min tiam ÿan ta a ni. Ngawi rengin ka thu a, mak ti takin he mi zahawm tak hian a boral dan leh a thusawi chu a hrethiam lo tih ka en reng a. Dawhkan chungah chuan a kut a nghat a, "Nang chu chho la, i room-ah chuan thu rawh, hetah hian kan ta a ni, i ta ni lovin," a ti a. A chhan chu a hma khan a chet dan chu a inchhir a, min kuah a, min fawp a, ngaihdam a dil bawk a, ka ngaidam a; Mahse a vawi hnihnaah chuan a chhuak ta vek a ni. Mr. Azdanlou nen kan hnawhchhuah dun a ngai a, board of directors atang chauh ni lovin, association membership atang pawhin kan hnawtchhuak a ngai a ni.

Min tihthinrim nan Mr. Ramezani hian ka in luah man panga a pe lo thla tam tak a ni. Ni khat chu club chhungah a rilru a buai hle a, mi tlemte nen raw-eating chungchang kan sawi dun lai min hmuh chuan "Hetah hian chhuak rawh" tiin a au chhuak ta a. Tichuan a hnathawk lak thar chu: "Hei hi paih chhuak rawh," tiin thu a pe ta a. He hnathawktu pawh hian min nawr a, luhna kawngka stairs atang chuan min hnawt chhuak a, leiah ka tlu a, ka lu chuan motor a rawn deng a, hliam ka tuar ta a ni. Raw foodist ni lo ila chuan stroke ka nei ngei ang. Police station-ah kan kal a, chuta tang chuan medical examiner hnenah chuan he hnathawk hian thiam loh chantir a duh a, ring takin a sawi nawn leh a: "Aterhov chuan dawhkan i khawih chuan i thau a tlahniam ang a ti a ni," a ti. Raw-eating atang hian thil tam tak a zir chhuak tawh! Mr. Ramezani pawhin investigator hnenah lehkha thenkhat entir a duh a, mahse investigator chuan a nawr let leh ta a ni. Tih tak zetin, Mr.

Ramezani chuan a ram danpui hmingthang tak chu pholan a duh a, khawtlang secretary a nihzia leh kei hi buaina siamtu ka nihzia finfiah a duh a ni. Hetah hian eng nge ka tih theih ang? Ka ngaidam a, ka chhuak ta a; Hei hi comedy emaw tragedy emaw scene hnuhnung ber a ni em? Ka hre lo; Pu Ramezani hian a chhang tur a ni. Persia ram atanga saruaka tlanchhiat tir tura min nawr luih tir turin thil engemaw a ti ang tiin vawi tam tak min vau a! Ka philosophy avanga a nunna a bat avangin a tih dan a ni mai thei. Hei pawh hi lawmthu sawina chi khat a ni. An zawh chuan: "Anih chuan khawiah nge Aterhov hi a awm?" Ani chuan: "Science dodaltu a ni," tiin a chhang a ni. *Hetah hian ka nunna leh thil neih chhiatna eng pawh chu amah (or same penetrating agents) atanga lo chhuak a nih thu ka puang a ni.*

Mahni hmasialna leh fing lo taka inhuatna hian mi thenkhat chu chu member zawng zawng hming ziakna ka phone book thlengin a hruai a

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registered an ni a, ka office-ah English mail (singkhat vel) khat folder pahnih a bo. He thiltih tenawm leh tling lo hi tu hnathawh nge ni thei ang tih erawh ka sawi thei lo, mahse hetiang hian ka hria a, raw veganism zuitute nena inzawmna siam duh leh tihduhdah duhtu hnathawh a ni. A rutu hian vantlang hriatah a hmang thei lo tih a chiang hle. Tupawh hetiang titu hian, hriat loh vangin a ti a ni. Ka ngaidam a, ka ngen a, a thinlungah mihring nihna tlemte a hriat chuan, an hnen atanga a awmzia a hmuh hnuah, heng lehkha te hi ka hnenah post leh turin ka ngen a; a chhan chu heng lehkha te hi ka tan leh nakin lawkah raw veganism chanchin atan pawh a pawimawh hle ang a, a hlu hle bawk ang.

Tunah chuan club-ah ka kal tawh lo a, enkawl tawhte chu ka villa chhawng hnihnaah lawmthu sawi tur leh thu hriat tur leh lehkhabu lei turin an lo kal thin. Raw food bu-a philosophy ziak hmangin khawtlang kan din a. He lehkhabu hi pawm lo apiang chu he khawtlang zinga mi an ni thei lo. Raw vegans association member nih duh doctor-te chuan an office khar se, damlote hnenah damdawi emaw, rulhut emaw ziak lo se, mahse doctor an nih hnuah chuan an hriatna dik lo chu an bânsan vek thei lo va, an bânsan a nih chuan engmah tih tur an nei lo tih leh sawi tur nei lo. Kan club-ah hian thlai chi hrang hrang vitamin, protein leh property te an zirtir thin. Heng thute hi thu bengchheng, thudik lo, fantasy leh thil siam chhuah mai mai a ni. A tir lamah chuan kar khatah vawi thum lecture an pe a, a hnuah kar khatah ni khat leh darkar khat chauh lecture an pe thin. Rei lo teah miten heng thute hi an hriat chuan an chau ang a, tawngkam an tlachham ang, eng nge an tih leh dawn? Engtiang chiahin nge mi an bum theih ang?

A nihna takah chuan, ni khat chu Ramezani hian a zirna a thuk zawk a, a tihsualte a pawm a, medical *science a bansan a,* nature-ah a kir leh a, nature dan hnuaiah a intulût a nih chuan pawm turin kan inhawng a, ka chunga harsatna min thlen tawhte chu ka ngaihthah mai ang; Raw vegan dik takte ethics-ah hian grudge a awm lo, ngaidamtu kan ni.

Raw-Veganism hi a ding sang zawk a ni history-a revolution zawng zawng aiin

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Ms. Astrie chu naupang raw-vegan pawl pakhat nen orphanage atanga lo kal an ni

Australia rama Nancy Anna Zabler orphanage-a raw-vegan naupang pawl pakhat

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Arshavir Ter Hovannessian chuan a rawn ti a

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Mihring dik tak entirna, natna, retheihna, riltam, indona leh tualthahna awm lohna khawvel thar bul tantu, kum zabi 20-na vela complete raw vegan entirna, Anahit, the 20- ***20 .*** *kum khat mi* ***Aterhov fanu,*** *thil siam chawhmeh chi khat pawh ei ngai lo leh damdawi leh vaccine engmah ei ngai lo.*

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Kum 15 mi Anahit (thlalak rawng hrang hranga siam) .

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Kum 10 mi Anahit (thlalak rawng hrang hranga siam) .

Logo a awm a

Tehran Raw- 2019 a ni.

Ei leh in Society

Tehran – kum 1976 khan a lo piang a

Arshavir Ter Hovannessian, 1999 khan a lo piang a. ***Tehran khawpuiah hian***

Karim Khan Blvd, Sanaei St, Sanaei SQ, No.2 a awm a ni.

Hrilhfiah theih a ni: 828878

A ziaktu hming

ziak a ni

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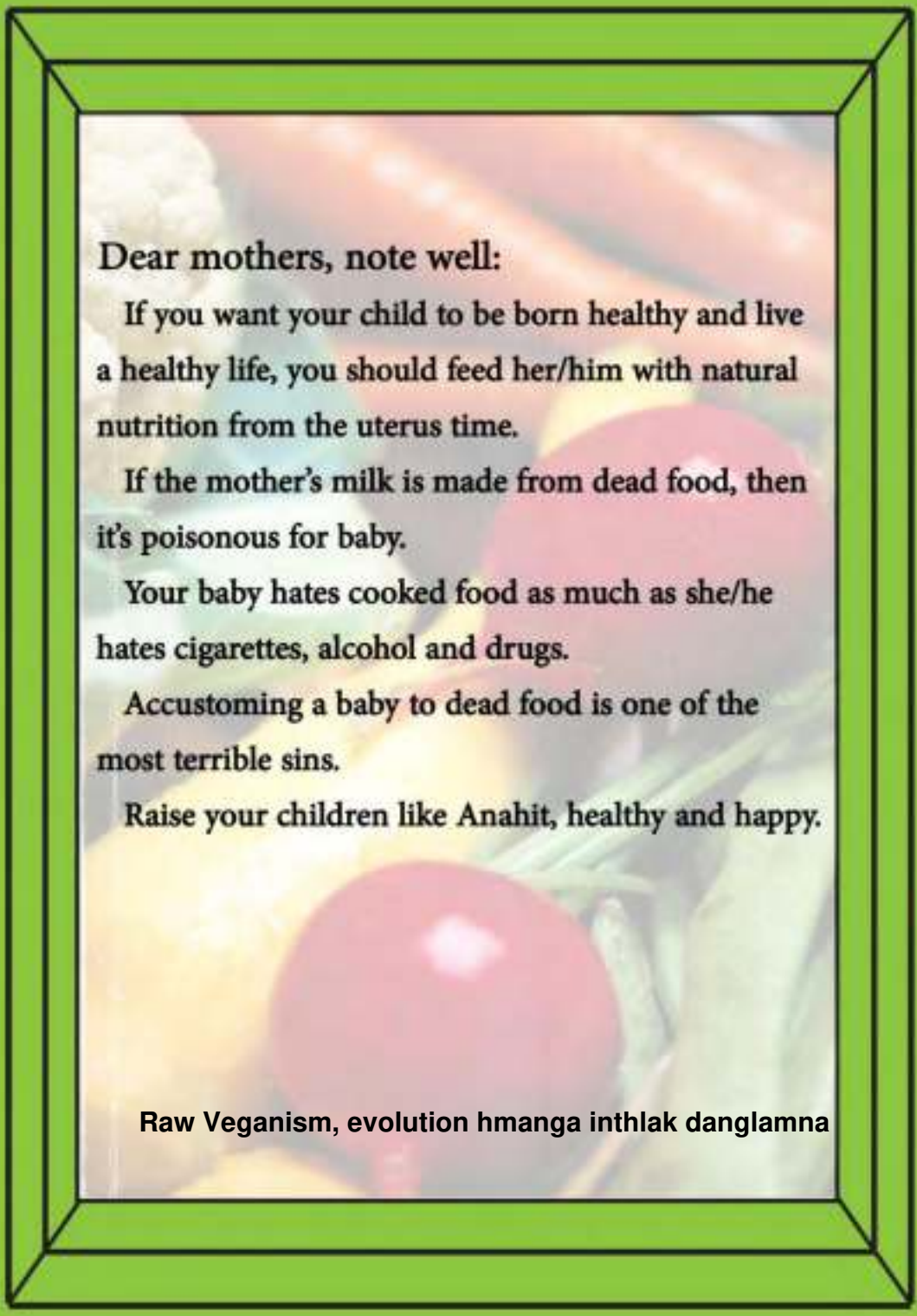
Dear mothers, note well:
If you want your child to be born healthy and live a healthy life, you should feed her/him with natural nutrition from the uterus time.
If the mother's milk is made from dead food, then it's poisonous for baby.
Your baby hates cooked food as much as she/he hates cigarettes, alcohol and drugs.
Accustoming a baby to dead food is one of the most terrible sins.
Raise your children like Anahit, healthy and happy.
Raw Veganism, evolution hmanga inthlak danglamna